PENSANS PRIMARY SCHOOL

Learning today, brighter tomorrow

KINDNESS
CURIOSITY
RESPECT
BELONGING
A BRIGHTER TOMORROW

9 OCTOBER 2026

ISSUE 6

Headteacher's Update

Dear Parents, Families and Friends,

It has been another busy and exciting week at Pensans, with lots of opportunities for our children to be active, curious and engaged in their learning.

Keeping Active and Healthy

This week, many children have taken part in our Cycle to School Week initiative, helping to promote healthy lifestyles and sustainable travel. Our KS2 pupils continue to enjoy their weekly swimming lessons, building confidence in the water and developing important safety skills for our local beaches and pools.

Our youngest children are having great fun with the **Healthy Movers programme,** which supports physical development and wellbeing through active play and movement.

Outdoor learning is thriving across the school, and we are delighted that **Gwithian** and Porthminster Classes will be starting their Forest School programme after half term. We know they will enjoy the many exciting opportunities this will bring.

Godrevy Class Visit St Michael's Mount



The fog cleared just in time on Tuesday morning for our intrepid explorers from Godrevy Class to enjoy a fantastic visit to St Michael's Mount as part of their history topic. The children had a wonderful day exploring the historic site and learning more about its fascinating past. Unsurprisingly, the boat trip back to shore proved to be a particular highlight!

Black History Month

This week, all of our children participated in a national interactive online assembly to mark Black History Month. This year's theme, 'Honouring Our Communities,' celebrates the diverse contributions people make to everyday life and encourages us all to value and learn from one another's experiences and achievements.

Learning About Democracy



We were delighted to welcome Tom Williams, UK Parliament Senior Education and Engagement Officer, who spent time with our KS2 pupils discussing democracy, the Houses of Parliament, the rule of law and the role of government.

Tom commented on the excellent quality of questions asked by our children, and we were incredibly proud of how thoughtfully they engaged with the session. This experience provides excellent preparation for our Year 5 and 6 visit to the Houses of Parliament later in the school year.

Parent Surveys

Thank you to everyone who has completed our recent surveys. We appreciate that several have arrived at the same time!

If you have not yet completed the Pensans Parent Survey, there is still time to share your views. Your feedback is extremely valuable and helps us continue to improve what we offer for our children and families.

You may also have received the DfE Free Breakfast Club Parent Survey. This survey is designed to gather information about morning routines and family experiences before the school day begins. You do not need to use either breakfast club to complete the survey, and we would be grateful if you could spare a few minutes to share your views.

Family Robotics After Half Term

KS2 children brought home a flyer this week about our exciting new Family Robotics programme, beginning after half term on Monday afternoons.

This is a fantastic opportunity for parents and children to learn together. Parents will spend the first hour with our tutor, enjoying tea and cake while being introduced to the world of robotics. The second hour will be alongside your child taking part in practical robotics activities and challenges.

It promises to be a fun, relaxed and engaging way to learn together as a family.

Places are limited, so if you are interested, please sign up as soon as quesible. If you have any questions or need support with registration, please speak to me or Mrs Miles.

Have a Wonderful Weekend

Thank you, as always, for your continued support of the school. We hope you all have a restful and enjoyable weekend and look forward to welcoming everyone back on Monday.

Small steps make big waves

Upcoming Dates

MON 12 OCT	Pasty Box
MON 12 OCT	Water safety
TUE 13 OCT	Sennen Art trip
WED 14 OCT	Lifeskills (Year 5)
WED 14 OCT	Silent Disco
FRI 16 OCT	Multi-sports 5/6
FRI 16 OCT	END OF TERM!!

More information about these events will follow nearer the time.

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BRIGHT MINDS
A BRIGHTER TOMORROW

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Local Attendance

Let's keep making every day count!

Sennen	Porthcurno	Godrevy	Cape	Porthminster	Porthmeor	Gwithian
95%	89%	91%	82%	83%	92%	86%

WELL DONE!

Amazing work everyone!

Attendance Matters!

Autumn Term 2026

TOGETHER, EVERY DAY COUNTS

Be here Be brilliant

Did You Know?

Students who **attend school** regularly are **more likely to achieve better grades and build stronger friendships.**

Read more here:
The link between attendance and attainment

Here at Pensans CP School, we recognise that there are occasions when it is appropriate to authorise an absence, such as when a pupil is genuinely too ill to attend school.

However, the Government **does not** support parents taking children out of school unless the school agrees this is appropriate under 'exceptional circumstances'. Any request for leave should be made in writing to the Headteacher using the school's 'Leave of Absence Exceptional Circumstances' request form.

DfE statutory guidance is clear holidays during term time will not be authorised unless there are exceptional circumstances.

Unavoidable leave of absence requests for school-aged children are generally related to one off events that are rare, significant, unavoidable, and short in duration. Family holidays are **not** considered unavoidable.

Taking your child out of school without permission may result in a **Penalty Notice** being issued.

What this means:

- A **Penalty Notice** may be issued if your child has unauthorised absences, including holidays.
- The fine is **£80 per child, per parent** if paid within 21 days, rising to **£160** if paid within 28 days.
- Failure to pay may result in prosecution.
- There is **no right of appeal** – if you believe a notice was issued in error, you must contact the school directly.

We understand that holidays are important for family time, but we are legally required to prioritise your child's education and wellbeing. **Every school day counts.**

"A brighter future starts with being in school today."

Further Information

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.

If your child is further absent from school without authorisation within any 3-year period, you will be committing a further 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 for a second offence are issued per liable parent, per child and each carry a fine of £160, payable within 28 days.

Importantly, fines per parent will be capped to two fines within any three-year period. Once this limit has been reached, other action such as a parenting order or prosecution will be considered.

Failure to pay the Penalty Notice may also result in legal action. If you are prosecuted and attend court because your child has not been attending school, you could get a fine of up to £2,500. Cornwall Council may also apply for the costs incurred in taking the matter to Court, including legal costs.

Absence not authorised by the school may also result in a prosecution in the Magistrates' Court under Section 444(11) or Section 444(1A) of the Education Act 1996, leading to a fine of up to £2,500 and/or a custodial sentence. Again, Cornwall Council may also apply for the costs incurred in taking the matter to Court, including legal costs.

Money raised from fines is only used by the local authority to cover the costs of administering the system, and to fund attendance support. Any extra money is returned to the government.

'Parent' as set out in Section 576 of the Education Act 1996, defines parent to include: natural parents, whether they are married or not, any person or body who has parental responsibility for a child (as defined by the Children Act 1989) and, any person who, although not a natural parent, has care of a whom a child lives and who looks after a child, irrespective of what their relationship is with said child.

You are welcome to contact the school to discuss any concerns you may have regarding this or if you feel you would like advice or support in helping your child attend more regularly. Pensans CP School is committed to enabling every child to reach their full potential and aims to work with parents to ensure this can be achieved.

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A BRIGHTER TOMGRROW

Every day at school brings new opportunities

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9 OCTOBER 2026

ISSUE 6

Stars of the Week ♡

Celebrating our amazing pupils!

Small steps make big waves ♡

Be kind
Be curious
Be your best
Be proud ♡

Sennen Star
Fred. J and Fred. C
for using technology to assist their learning.

Porthcurno Star
Zulaikha
for being kind and helpful.

Porthminster Star
Alex
for following instructions well during transitions.

Porthmeor Star
Teyha
for joining in with joy and confidence during PE this week.

Godrevy Star
Oakley
for being kind.

Gwithian Nursery Star
Mason
for making strong new friendships and bringing joy to all their play.

Gwithian Star
Milo
for following instructions.

Cape Star
Emilia
for her great independence and listening skills.

Godrevy Star
Charlie
for his enthusiasm on St Michaels Mount.

Well done to all of our superstars!
You make our school shine! ♡

Special Awards ♡

Great Reader EYFS KS1
Sonny

Writer Award
Seb

Headteacher's Awards ♡

Evelyn Phillips
for being helpful in the dinner hall.

House Points Winner!

Sennen Class
Crofty (Red team)

KIND PEOPLE
BRIGHT MINDS
A BRIGHTER TOMORROW

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PENSANS PRIMARY SCHOOL
SILENT DISCO
HALLOWEEN PARTY
WEDNESDAY 14TH OCTOBER
£3 PER CHILD
SNACKS & DRINKS INCLUDED
GAMES
PRIZES
AND OBVIOUSLY... THE SILENT DISCO!!!
BUY TICKETS NOW!!!
DRESS UP • DANCE • HAVE FUN!

PENSANS PRIMARY SCHOOL

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9 OCTOBER 2026

ISSUE 6

Local Events ♡

Get involved! Opportunities for our children and families

Let's keep making every day count! ♡

Your voice matters, and you could win £100 by telling us about your family's morning routines

Pensans Community Primary School now runs a **free breakfast club**, and we're taking part in a national study to help inform how they are run both here and across the country.

We need your help. Independent researchers at Ipsos want to hear from parents and carers about what your family's mornings look like.

Whether or not your child attends our free breakfast club, we'd like to hear about your morning routines and before school childcare.

Researchers worked closely with parents to make sure this survey asks the right questions and doesn't take up too much of your time.



Take the 10-minute survey: click here

https://insights.ipsosinteractive.com/mrlWeb/mrlWeb.dll?I.Project=S26048194&Id=&i.user1=BGGX2Y

The ask: complete a 10-minute survey

The thank you: a chance to win a £100 voucher

Who: everyone! We'd like to hear from you whatever your mornings look like.

Please complete the survey by 23rd October 2026.
Your answers will help inform the national rollout of free breakfast clubs.

If completing the survey online does not work for you, please email UK-PA-BreakfastClubs@ipsosresearch.com.

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BRIGHT MINDS
A BRIGHTER TOMORROW

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2 OCTOBER 2026

ISSUE 5

Local Events

Get involved! Opportunities for our children and families

Let's keep making every day count!

PORTHCURNO
MUSEUM OF GLOBAL COMMUNICATIONS

THE HAUNTED BUNKER EXPERIENCE



GHOSTS & GHOULS HAVE TAKEN OVER OUR WWII BUNKER! DO YOU DARE TO ENTER?

Visit www.pkporthcurno.com for event dates, further information and more.

What Parents & Educators Need to Know about!

LOOKSMAXXING

Looksmaxxing is an online trend focused on improving one's physical appearance, particularly targeted towards young men, but does not end. It can involve programmes, skincare, diet and exercise advice, sometimes called a 'glow-up'. At the extreme, it can promote unproven or dangerous products and contribute to body image concerns, low self-worth, and mental health difficulties.

WHAT ARE THE RISKS?

TARGETING MALE INSECURITIES
Although usually aimed at men, looksmaxxing can affect all young people. It can create pressure to look a certain way and make them feel inadequate, fuelled by unrealistic images online.

DUBIOUS ADVICE
Some advice moves into unprofessional territory, encouraging the use of proven supplements, extreme diets or unregulated products. These can be unsafe and harmful, especially for young people.

EXTREME REMEDIES
Some content promotes more extreme changes such as cosmetic procedures. These can be costly, painful and risky, and may cause long-term physical or emotional harm.



BODY IMAGE ISSUES
The pursuit of a 'perfect' appearance can lead to body dissatisfaction, low self-esteem and anxiety. Young people may constantly compare themselves to unrealistic standards.

MENTAL HEALTH PROBLEMS
As well as physical consequences, body image concerns can be linked to issues such as anxiety, depression, loneliness and disordered eating.

A PATHWAY TO EXTREMES
Looksmaxxing can sometimes lead to radical or unhealthy behaviours, where young people become fixated on changing their looks at any cost, neglecting their overall wellbeing.

Advice for Parents & Educators

WATCH FOR CHANGES
Keep an eye out for noticeable changes in behaviour, appearance, or time spent online. If you are concerned, have an open and supportive conversation.

CHECK THE SOCIAL MEDIA
Social media platforms can promote unrealistic ideas about appearance. Encourage balanced content and help your child think critically about what they see.

LISTEN FOR THE LINGO
Learn more about the language and trends linked to looksmaxxing. Understanding the terms can help you spot when your child may be influenced.

TALK TO YOUR CHILDREN
Have regular, honest conversations about self-esteem, body image and the risks of online trends. Reassure them that they are valued for who they are, not just how they look.

Activity Camps

October Half Term

SIR BEN AINSLIE SPORTS CENTRE

Week 1

Tuesday 20 Oct
Arts & Crafts
Autumn Crafts
6-12 Years
10am - 4pm
Library

Wednesday 21 Oct
Bushcraft
7-13 Years
8:30am - 5:00pm
Truro School Prep

Thursday 22 Oct
Bushcraft
7-13 Years
8:30am - 5:00pm
Truro School Prep

Week 2

Monday 26 Oct
Multi-Sport
Theme: Ultimate Sports Challenge
6-12 Years
8:30am - 5:30pm
Sports Centre

Tuesday 27 Oct
Multi-Sport
Theme: Wizard Games
6-12 Years
8:30am - 5:30pm
Sports Centre

Wednesday 28 Oct
Multi-Sport
Theme: Zombie Survival Academy
6-12 Years
8:30am - 5:30pm
Sports Centre

Thursday 29 Oct
Halloween Party Day!
Fancy Dress Party, Multi-Sport, Pumpkin Carving & More!
6-12 Years
8:30am - 5:30pm | Sports Centre

Friday 30 Oct
Bushcraft
Halloween Special
7-13 Years
8:30am - 5:00pm
Truro School Prep

Arts & Crafts
Autumn Crafts
6-12 Years
10am - 4pm
Library

Book Now: www.sirbenainsliesportscentre.com

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Local Events

Get involved! Opportunities for our children and families

Let's keep making every day count!

At The National College, our #WakeUpWednesday guides empower and equip parents, carers and educators like you to have informed and age-appropriate conversations with children about online safety, mental health, wellbeing, and cyber risks. For further guides, hints & tips, please visit nationalcollege.com

Top Tips for Educators

PUPIL WELLBEING CONVERSATIONS

It can feel difficult to know how to start a conversation with a pupil about their wellbeing, either because you do not feel equipped with the information you think you need, or because you do not feel confident opening it up. You do not need to be a specialist. This guide covers how to start, what to say about confidentiality, and what to do with what you hear.



1 NURTURE WARM, TRUSTING, & KIND RELATIONSHIPS

When pupils have a consistent, emotionally available adult who shows they care and who takes time to listen to them in person, it can help improve pupils' wellbeing. Assessments appear to be among many strategies supporting pupil wellbeing as classroom activities using formal wellbeing programmes or sessions.

2 KEEP CALM, EVEN IF YOU'RE WORRIED

When a pupil discloses a worry, listen with curiosity and validate it seriously. Never dismiss their anxiety and avoid them feel failing or add concerns by trying and give examples to try. Remember to remain calm, even if you're feeling worried or anxious yourself. Pupils may look to you for reassurance and guidance.

3 HAVE SIDE-BY-SIDE CONVERSATIONS

Many pupils find it easier to talk when a conversation does not require them to sit face-to-face with an adult, for example a conversation might take place while walking. Create the classroom environment by setting expectations and boundaries at the beginning that are focused on safety, positive behaviour, and to know that you want them to process their thoughts differently.

4 THINK ABOUT WHERE YOU ARE

Consider whether the pupil can speak without being overheard or interrupted. Pupils can sometimes believe feelings or actions connected with wellbeing are private or shameful, so you need to move one and give them the opportunity to continue what they are saying.

5 BE HONEST ABOUT CONFIDENTIALITY

Never promise to keep information to yourself. Explain from the outset why you may need to break, share, and that in this case you will. Let your pupil know that you have their best interests at heart and that you may need to share information with others to help them. Be honest about what you can and cannot keep confidential.

6 CREATE A SAFE ENVIRONMENT

Provide a classroom free from bullying and silence-based behaviour management. Pupils expect to be humiliated or ostracised. Create safe spaces for pupils to speak privately or in a small group. This might include a quiet corner, a trusted adult, or a peer support system. Be aware of signs of distress and respond appropriately.

7 DO NOT CARRY IT ON YOUR OWN

Hearing something difficult can stay with you. Following your designated safeguarding lead, let them know and be aware of how you are feeling. Ensure you have access to support, such as a school counsellor, or a trusted colleague. Sometimes pupils may also share their worries with you. Be mindful of this.

HELPFUL OPENERS

- I've noticed you've been quieter. How's your week been?
- You don't seem yourself. Is there anything you'd like to talk about?
- Sometimes it's hard to know what to say. I'm here to listen.
- You don't have to talk now. If/when you would like to, I'm here.

Meet Our Expert

Anna Bateman is a mental health and wellbeing specialist with nearly forty years' experience. She is a visiting academy fellow, previously visiting professor at Middlesex University, adviser to the Greater London Authority and director of the mental health green paper.

#WakeUpWednesday

The National College

@wake_up_weds /www.thenationalcollege @wake.up.wednesday @wake.up.weds

Users of this guide do so at their own discretion. No liability is entered into. Current as of the date of release: 07.10.2026

Curious Minds Brighter Futures

Learning Together Growing Together

FREE! 6-WEEK COURSE KS2

FAMILY ROBOTICS ADVENTURE!

Learn • Code • Create • Explore Together

Real Robots. Real Skills. Real Fun!

FREE Family Learning Course for KS2 Children and Their Parents/Carers



Discover the exciting world of Robotics together!

Spend quality time with your child while learning how to programme and control robots through fun, hands-on activities.

- Learn simple coding skills together
- Make robots move and complete challenges
- Build confidence with technology
- Develop creativity and problem-solving skills
- Have fun learning alongside other local families

No previous experience needed!

COURSE DETAILS

Starts:	Monday 2nd November
Duration:	6 weeks
Time:	1:00pm – 3:30pm
Venue:	Pensans Community Primary School
Who:	KS2 children and their parents/carers
Cost:	FREE

A friendly and supportive course for the whole family.

WHAT WILL WE DO?

- Programme robots to follow your commands
- Learn simple coding through fun activities
- Complete exciting challenges and missions
- Solve problems together
- Be creative and work as a team

Fun Practical Hands-on Learning!

BOOK YOUR PLACE TODAY!

Places are FREE but booking is essential.

Vicki Salvidge 07968 992495

Sian Miles 01736 363627

Or speak to the school office.

Scan here to learn more (when available)

CORNWALL COUNCIL Konsel Kernow | Adult Education Cornwall

Learning Together Growing Together

Skills for brighter futures

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Every day at school brings new opportunities

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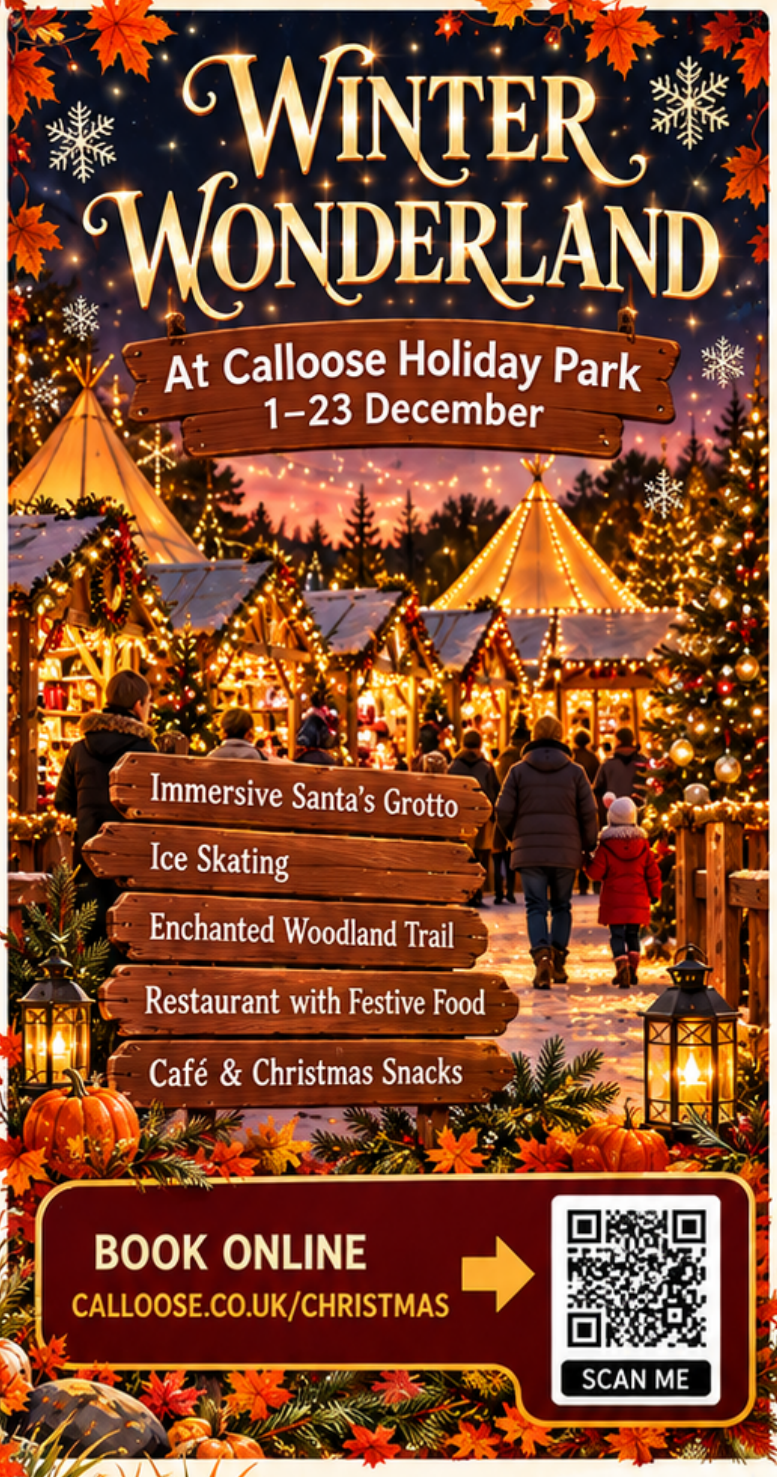
9 OCTOBER 2026

ISSUE 6

Local Events ♡

Get involved! Opportunities for our children and families

Let's keep making every day count! ♡





Every day at school brings new opportunities ♡

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A StoryTime Production

Created by Steven Lee

The Witch Who Couldn't Sleep

From The Magical Book
How The Koala Learnt To Hug & Other Australian Fairytales

PTC The People's Theatre Company

www.ptc.org.uk

Sunday, 18th October

Ritz Penzance

2:30pm

SCAN ME

A magical and funny story for the whole family!

KIND PEOPLE
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TRICK OR TREAT SILENT DISCO

£3 PER CHILD

FRIDAY 23RD OCTOBER
5:00PM-8:00PM

GLITTER BEATS

SNACKS & DRINKS INCLUDED

GAMES

PRIZES

AND OBVIOUSLY... THE SILENT DISCO!!!

Every day at school brings new opportunities

Belong ~ Explore ~ Achieve