



PENSANS PRIMARY SCHOOL

Learning today, brighter tomorrow ♥

KINDNESS
CURIOSITY
RESPECT
BELONGING
A BRIGHTER
TOMORROW

2 OCTOBER
2026

ISSUE 5

Headteacher's Update ♥

Dear Parents, Friends and Family,

There is a real autumnal feel in the air this week, although we are still enjoying some lovely weather. This has enabled the children to continue enjoying the outdoor learning opportunities we offer each week.

If your child has a pair of wellies that they could leave in school, it would really help us to extend these opportunities, even in wetter weather. If they also have waterproof leggings or trousers that they could bring in, even better!

Our **Year 3 and Year 4** children enjoyed a visit to the **Kurt Jackson Art Gallery** in St Just on Wednesday. They had a fantastic time and produced some beautiful artwork, which we will be displaying in school. Members of the public commented that the children "have impeccable manners" and were "extremely well behaved". Well done, everyone! I am so proud that you continue to demonstrate our school values and expectations while out in the community and enjoying trips and visits.

Today, our **Year 6** children enjoyed their first experience of secondary school, this time visiting **Humphry Davy School**. There was quite a buzz about them on their return, so it was obviously a very successful morning. We look forward to hearing more about their experiences as they begin to think about the exciting transition ahead.

Next week is **Cycle to School Week**. If your child has a bike that is safe to ride, a helmet, and appropriate supervision, please encourage them to cycle to school. We have covered bike racks available directly outside the school office.

I would also like to give a shout-out to any parents who could offer some time to be part of our **Friends of Pensans School** group. **We need volunteers!** We would love to hold more family events and fundraising opportunities for our school community, but we need your support to make them happen. Whether you can help regularly or just occasionally, we would love to hear from you. Please let the school office know if you are interested.

The following week is our last before the two-week half-term break, and we have two fun events planned to finish the term in style:



Wednesday 14 October – Halloween Silent Disco.

Details and tickets are available from the school office.



Friday 16 October – Show Racism the Red Card Day.

We will be holding a non-uniform day and inviting everyone to wear something red to show their support for this important campaign.

You will also receive a short Survey via email today asking for your views on the two-week half-term break. Please take a moment to complete it, as your feedback is important and helps us make informed decisions for the future. Thank you in advance for taking part.

Have a lovely weekend.



Mrs Ambrose

Mrs Ambrose
Headteacher

*Small steps
make big waves* ♥

Belong ~ Explore ~ Achieve ♥



Upcoming Dates

MON
5
OCT

Parent Café



TUE
6
OCT

Godrevy trip



TUE
13
OCT

Sennen Art trip



WED
14
OCT

**Lifeskills
(Year 5)**



WED
14
OCT

Silent Disco



*More information about these events
will follow nearer the time.*





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Local Attendance ♥

Let's keep making every day count!



Sennen

96%

WELL DONE!



Porthcurno

94%



Godrevy

90%



Cape

76%



Porthminster

83%



Porthmeor

95%



Gwithian

87%

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 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(1) 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.

KIND PEOPLE

BRIGHT MINDS

A BRIGHTER
TOMORROW

Every day at school
brings new opportunities ♥

Belong ~ Explore ~ Achieve ♥



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Stars of the Week ♥

Celebrating our amazing pupils!

*Small steps
make big waves* ♥

Be kind
Be curious
Be your best
Be proud

★ **Sennen Star
Luna**
for brilliant
home learning.



★ **Porthcurno Star
Ellie**
for being a superb
role model and helper
at the Kurt Jackson
Gallery.



★ **Porthminster Star
Elijah**
for great maths.



★ **Porthmeor Star
Casper**
for amazing maths
work.



★ **Godrevy Star
Oakley**
for growing
independence
in learning.



★ **Gwithian Star
Lamorna**
for amazing
creativity.



★ **Gwithian Star
Luna**
for improvement
in following
instructions.



★ **Cape Star
Harper**
for bringing
sunshine into
our class.



Special Awards ♥

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

Great Reader
EYFS KS1

★  ★
Brodie

Great Reader
KS2

★  ★
Indiana

Maths Award

★  ★
Alessia

Writer Award

★  ★
Fred J

Headteacher's Awards ♥



★ **Marley** ★
for being helpful
and polite to visitors.



★ **River** ★
for helping in
breakfast club.



House Points Winner!
Godrevy Class
and **Levant House (Yellow)**



Together we shine ♥

Belong ~ Explore ~ Achieve ♥



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!



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Local Events ♥

Get involved!
Opportunities for our
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PK 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 among boys and young men. At its mildest end, it can involve grammar, skincare, diet and exercise advice, sometimes called "softmaxxing". At its extremes, or "hardmaxxing", it can promote unproven or dangerous practices 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 also reach boys by promising to improve their appearance and confidence. It often targets insecurities, such as skin issues, hair, or body shape, and can lead to feelings of shame or inadequacy. It may also promote dangerous practices, such as using unproven skincare or dieting methods, which can have serious health consequences.

DUBIOUS ADVICE

Some advice may be based on dubious or unproven claims. For example, some advice may claim to be a "miraculous" cure for skin issues, but in reality, it may be ineffective or even harmful. The American Association of Orthodontists warns that following such guidance could lead to dental problems, bite issues, and speech difficulties.

EXTREME REMEDIES

Some DIY remedies are even more extreme and potentially dangerous. These range from "do-it-yourself" facials to using unproven or dangerous products. Some advice may claim to be a "miraculous" cure for skin issues, but in reality, it may be ineffective or even harmful. The American Association of Orthodontists warns that following such guidance could lead to dental problems, bite issues, and speech difficulties.

BODY IMAGE ISSUES

This pursuit of physical perfection can become obsessive and contribute to serious body image issues. Exposure to looksmaxxing content can encourage teenagers to be dissatisfied with their bodies and may lead to feelings of shame or inadequacy. It may also promote dangerous practices, such as using unproven skincare or dieting methods, which can have serious health consequences.

MENTAL HEALTH PROBLEMS

As well as the physical consequences, body image concerns can be associated with mental health difficulties, such as depression, anxiety, low self-esteem, body dysmorphic disorder, and psychological distress. They can cause problems that extend into other areas of life, such as with school and friends, with children and young people potentially avoiding social situations because they fear the criticism will be negatively judged by others.

A PATHWAY TO EXTREMES

Looksmaxxing has its roots in online "self-improvement" but has become more mainstream on platforms such as TikTok. Algorithm-driven feeds may show more and more extreme content, leading to a cycle of comparison and dissatisfaction. Some advice may claim to be a "miraculous" cure for skin issues, but in reality, it may be ineffective or even harmful. The American Association of Orthodontists warns that following such guidance could lead to dental problems, bite issues, and speech difficulties.

Advice for Parents & Educators

WATCH FOR CHANGES

Keep an eye out for concerning behavioural changes in teenagers, such as spending more time on social media, using unproven skincare or dieting methods, or showing signs of body image concerns. If you notice these changes, talk to your child about their feelings and concerns. If you are worried, seek professional advice.

CHECK THE SOCIAL MEDIA

Social media algorithms are tailored to each user, showing what appears to be most relevant. However, this can lead to a cycle of comparison and dissatisfaction. Encourage your child to be critical of what they see on social media and to avoid following accounts that promote unrealistic beauty standards.

LISTEN FOR THE LINGO

Use many internet communities, looksmaxxing groups and influencers use distinctive language. As well as "maxxing", common terms include "glow up", "softmaxxing", "hardmaxxing", "do it yourself", "DIY", "skincare", "diet", "exercise", "body", "self-care", "wellness", "health", "beauty", "confidence", "self-love", "self-improvement", "self-care", "wellness", "health", "beauty", "confidence", "self-love", "self-improvement".

TALK TO YOUR CHILDREN

Open communication can help children and young people understand the pressures of social media and the importance of self-love and confidence. Encourage your child to be critical of what they see on social media and to avoid following accounts that promote unrealistic beauty standards.

Activity Camps

October Half Term

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



NHS
Cornwall Partnership
NHS Foundation Trust

MENTAL HEALTH SUPPORT TEAM - MHST

Join us for our 5-week online
Parent-Led CBT or Behavior as
Communication.

Sessions are available on Tuesdays or
Wednesdays beginning 10 November
2026 at 10am or 1pm.

Parent-led cognitive behavioural
therapy (CBT) is a short psychological
intervention that helps parents and
carers apply CBT principles in their
child's daily life, to support with
childhood worries.

Behaviour as communication provides
parents with some practical strategies
to foster positive behaviour and
communication at home.

Please sign up via the online form
here:
<https://forms.cloud.microsoft/e/ACeKmRZfn5>



Sign up closes 23/10/2026 at 5pm

All sign ups will require an individual
pre group assessment phone call.



Let's travel to school the fun way...
Walk or wheel your way to school every Wednesday
and earn points for your class to win prizes while
competing against other schools in Penzance!

Why join in?

- Healthier, happier children
- Less traffic around school
- Builds confidence and independence
- Better for the environment

What you get:

- Your school will be given a **repair toolkit** for everyday use—perfect for pumping tyres and simple repairs.
- Families can take part in a special full-day session with a **qualified mechanic** to get bikes fixed and ready to ride!



Launching 5th October

Belong ~ Explore ~ Achieve ♥



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Opportunities for our
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*A brighter future
together*

CO-OPTED LOCAL MONITORING COMMITTEE VACANCY

Pensans School has a vacancy for co-opted committee members.

Pensans School is an academy and part of the Truro and Penwith Academy Trust (TPAT).
Local Monitoring Committee (LMC) meetings are held 4 times per annum.

Committee members are asked to be prepared to play an active part in the LMC,
successful candidates would be asked to visit school at least once per term.



SUPPORT OUR SCHOOL

Help us continue
to provide the best
for our pupils.



MAKE A POSITIVE DIFFERENCE

Share your skills,
experience and
perspective.



TRAINING PROVIDED

Training is available
for all committee
members.



4 MEETINGS PER YEAR

Plus at least one
school visit
per term.



If you have any queries or would like to find out more
about the role, please contact Mrs Ambrose on

☎ 01736 363627

*Inspiring
curious minds*

KINDNESS | OPPORTUNITY | COMMUNITY

ST IVES COMMUNITY ORCHARD
PEOPLE NATURE WELLBEING

NHS
Cornwall Partnership
NHS Foundation Trust

The Mental Health Support Team warmly
invite you to attend...

Wild Wellbeing

During October half term we are offering
**FREE "drop in" nature based creative
sessions linked to the 5 ways to
wellbeing.**

This is for parents and children aged 5-11
in Cornwall.

The Core at St Ives Community Orchard

Thursday 29 October 2pm -4pm

highlighted.flamed.hours

Coming along? 🌱 Please let us know by completing our short
booking form so we know how many people to expect.

Book here!

Follow us on Facebook for updates and upcoming events:
Cornwall Mental Health Support Team (MHST)

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