

Pensans Community Primary School Newsletter

Autumn Term Two: Week Beginning 15.12.25



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



Mrs Ambrose's Weekly Update

Dear Parents, Families and Friends,

What a fantastic end to what has been a super busy Autumn term.

Our Pantomime Visit was just brilliant! Oh no it wasn't - Oh Yes it was!!! Godrevy, Polzeath, Porthminster, Porthcurno and Sennen Classes all had a great time at the Hall for Cornwall in Truro to watch Aladdin. Whilst Gwithian Class went to The Ritz in Penzance to see the Santa Show. These events certainly got us into the festive mood for our school performances this week.

A huge well done to our youngest children in Gwithian and Godrevy for their fabulous performance of The Little Nativity. The children worked so hard to learn lines, sing songs and act. All family and friends that came to watch the performances had a real treat and thoroughly enjoyed themselves.

Super well done also to those children in Porthcurno and Sennen who attended the Carol Concert at Chapel Street Church last night. Unfortunately we were very down on numbers but the children there rallied round, worked as a team and gave us a lovely concert with beautiful singing and excellent readers.

I must take this opportunity to also thank all of my wonderful teachers and support staff for all their time and commitment to these festive events on top of their normal workload. It is always worth it to see the children enjoying themselves and getting so much out of performing and attending performances. Thank you also to our fabulous Kitchen Krew who gave us a delicious Christmas dinner.

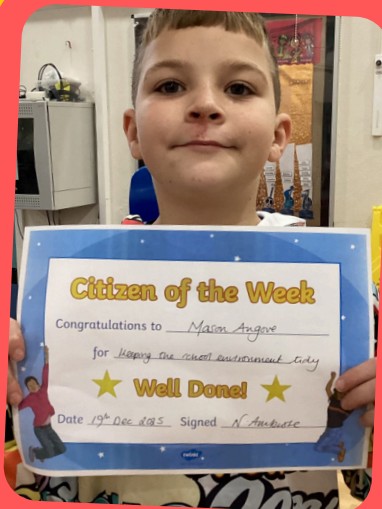
Have a Merry Christmas everyone - take care, look after each other and see everyone back on Monday 5th January 8:40a.m.
(ARB & Nursery only - Tuesday 6th January)

Niki Ambrose

Headteacher's Award



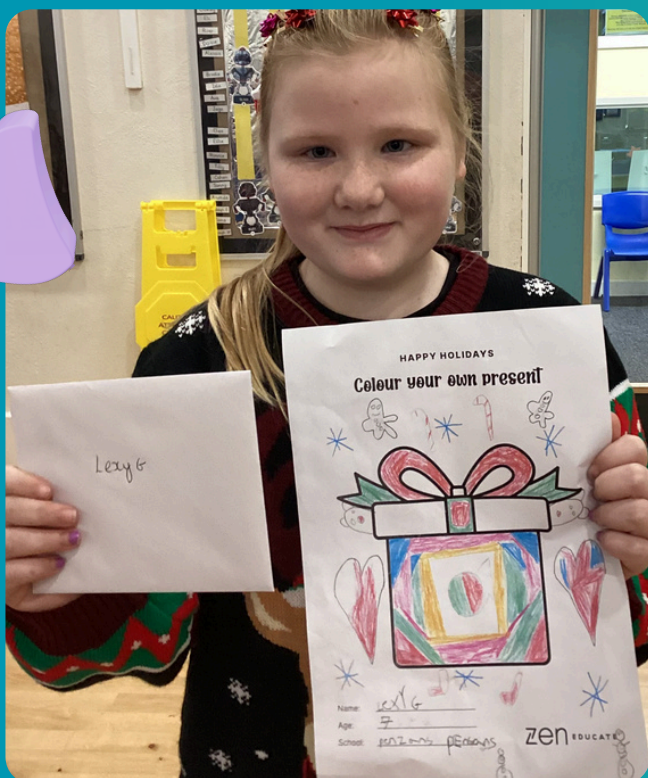
*A book is a gift you can
open again and again.*
—Garrison Keillor



Headteacher's Award



Christmas Card Design Competition Winner!



Stars of the Week

**Cape
Class**

Lottie

**For always helping the children
and adults and for being so caring
and kind.**

**Gwithian
Class**

**The Whole
Class**

**For their outstanding
performances throughout the
festive season.**

**Godrevy
Class**

**The Whole
Class**

**For their amazing "Little Nativity"
performance!**

**Porthcurno
Class**

Zulaikha

**For being so kind and helpful to
everyone.**

**Sennen
Class**

Tamima

**For being a super member of the
class and always being kind!**

**Polzeath
Class**

Summer W

For a fantastic week of learning.

**Porthmeor
Class**

**The Whole
Class**

**For making Mrs Combella
feel so welcome this term!**

**Porthminster
Class**

**The Whole
Class**

**For being brilliant role
models at the Hall for
Cornwall.**

Attendance

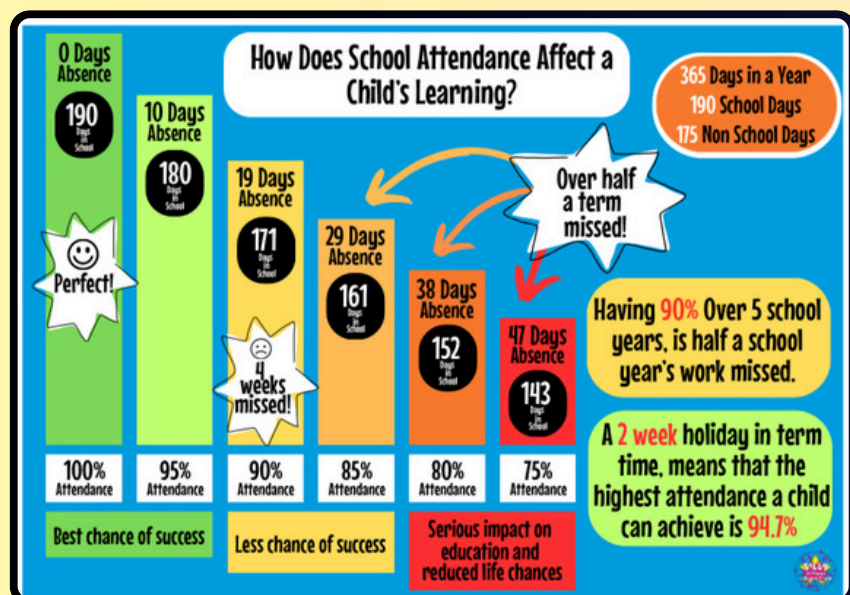
Our school
target
for
attendance
is 97%

**Monday 15th December - Friday 19th
December 2025**

1st Place: Sennen 98.35%

2nd Place: Porthcuro 97.03%

3rd Place: Porthminster 96%



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

Brushing together for healthy smiles

★ 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.

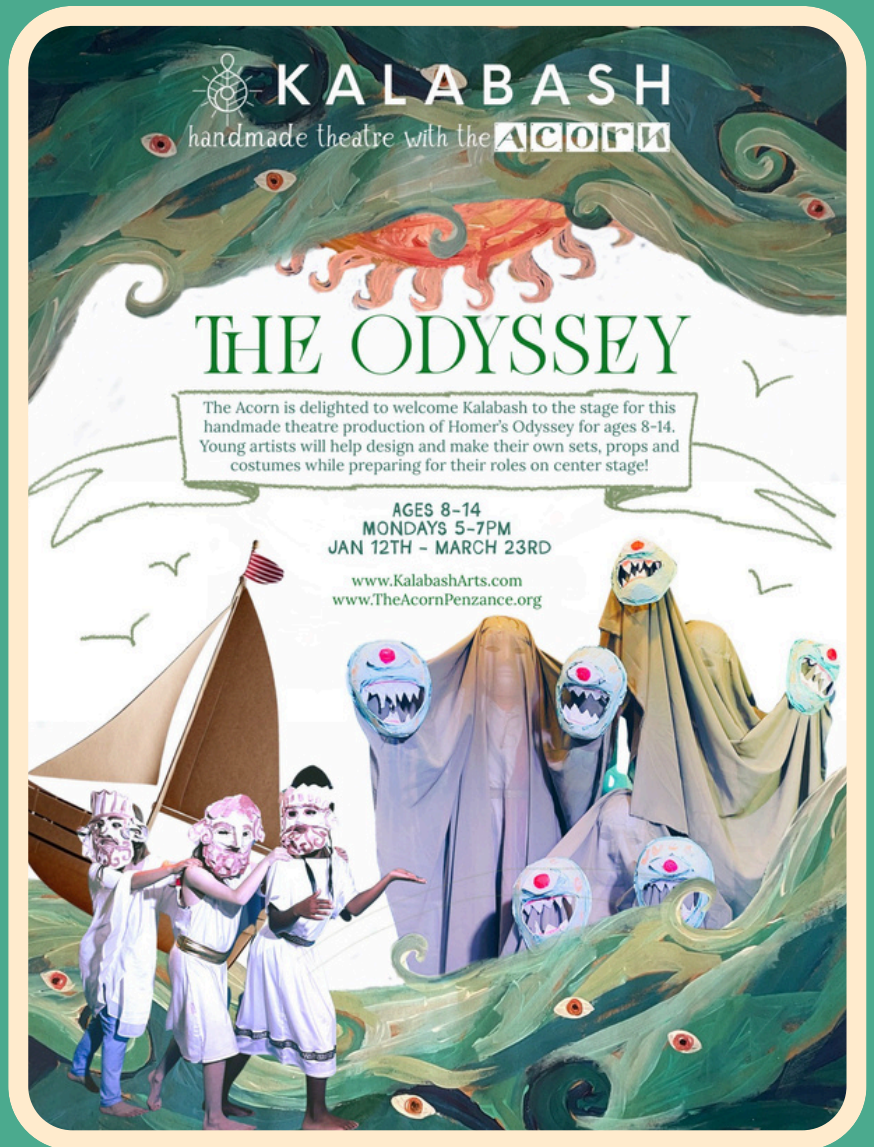
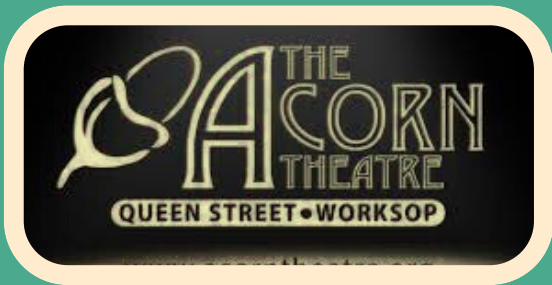
Meet Our Expert

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'

Unit 17, Threemilestone Industrial Estate, Truro TR4 9LD



CRICKET COACHING



**CHANCE TO SHINE
STREET**



**Cornwall
Cricket**

- TAPE BALL CRICKET
- FREE CRICKET COACHING
- NO EQUIPMENT NEEDED
- WEAR WHAT YOU WANT
- ALL GENDERS WELCOME
- PLAYER LED SESSIONS
- DEVELOP LIFE SKILLS



**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**