

# Pensans Community Primary School Newsletter

Spring Term Two: Week Beginning 9.3.26



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



## Mrs Ambrose's Weekly Update

Dear Parents, Friends and Families,

Wow! What an amazing effort everyone put into our World Book Day celebrations yesterday 😊 The children wore fabulous costumes (as did our staff) and really entered into the spirit of the day with all things books and reading.

We were thrilled to be visited by the author Scott James and he was impressed by the engagement and articulate questions he received from our pupils. Porthminster, Porthcurno and Sennen classes well done - we hope to invite Scott back to Pensans again soon. We had an amazing uptake of this year's World Book Day Competition - to transform a paper plate into a book character or scene. It was such a difficult thing to judge but all staff cast their votes for their favourite plate in each year group and below you will see the winners. Thanks to everyone who took part.

Year 5 pupils had a great day at Mounts Bay Academy this week where they were invited to join forces to help with a design brief for a new Women and Children's building at Treliiske Hospital in Truro. The children were keen to share their thoughts and came up with some great ideas. The group made a model of their collaboration which they have brought back to school. Good work Year 5!

A big shout out for the Songfest Choir 2026. A number of our Y3, Y4 and Y6 pupils have given up a few of their lunchtimes in recent weeks to practise and learn songs for the Songfest 2026 event. This was held on Wednesday this week at St John's Hall where the children involved joined four other local schools to perform. Headteachers Award this week goes to the choir members 😊

Our friends from the Healthy Living Team have been in school again this time visiting our KS2 classes- Sennen, Porthcurno and Porthminster to share tips and ideas for healthy eating and super snack ideas. It has been great having this team in school and we look forward to more visits on different themes in the summer term.

To finish off the week we welcomed the RNLI for a special assembly and workshop today on water safety. The children thoroughly enjoyed this and know how important it is to have this knowledge especially living so close to the sea and beaches surrounding.

Have a good weekend everyone!

*Niki Ambrose*

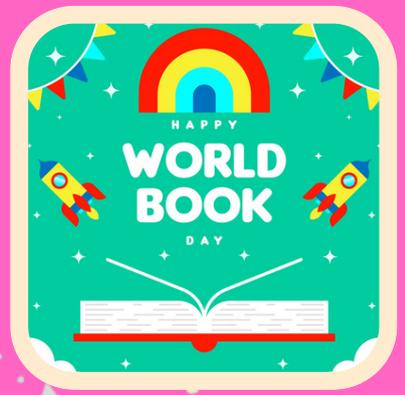
WHAT HAVE YOU  
DONE TODAY TO MAKE  
YOU FEEL  
PROUD!

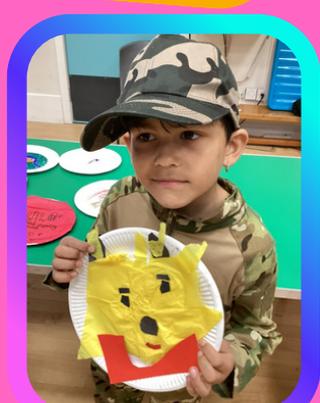
# Headteacher's Award



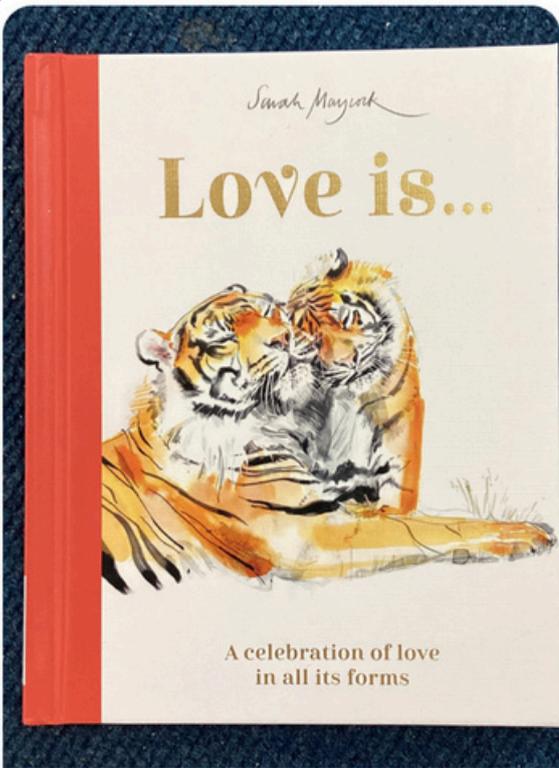


Love is...









# WORLD BOOK DAY



Love is...

Share - Sabit  
 Kind - Rhys  
 Family - Sonny  
 Being happy together - Ophelia  
 Eating together - Liko  
 Helping each other - Ellie  
 Hugging - Mia





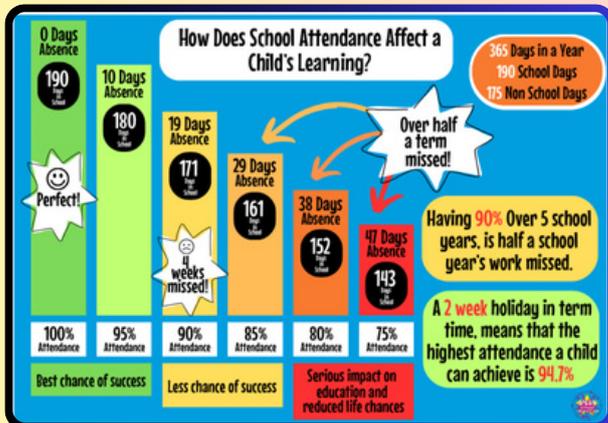
# Attendance

Monday 2nd March - Friday  
6th March 2026

Our school target for attendance is 97%

**1<sup>st</sup> Place: Godrevy 96.3%**  
**2<sup>nd</sup> Place: Porthcurno 94.81%**  
**3<sup>rd</sup> Place: Porthminster 94.44%**

**“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

Bodhi

For using Makaton in the  
classroom

Gwithian  
Class

Sabit

For speaking his first full sentence  
in English and trying so hard to  
form his letters.

Godrevy  
Class

Poppy

For being a superstar learner and  
listener! Welcome to Godrevy  
Class!

Porthcurno  
Class

Hunter

For his super confidence and  
understanding in sharing  
knowledge about volcanoes.

Sennen Class

Tacara

For taking responsibility for her  
History/Geography learning and  
improving it.

Polzeath  
Class

Luka

For being on task in his lessons.

Porthmeor  
Class

Levin

For amazing talking and being a  
really kind friend.

Porthminster  
Class

Lewis

Listening to Mrs C really well on  
Friday and managing challenges  
really well.

# What Parents & Educators Need to Know about STREAMING SERVICES

## WHAT ARE THE RISKS?

Streaming services are platforms that allow users to watch cartoons, documentaries and movies online immediately (often referred to as SVoD: streaming videos on demand). Ofcom reported that children and young adults prefer streaming services to traditional TV. With two-thirds of UK households subscribing to at least one streaming service, parents must understand how to manage screen time, set age restrictions and ensure safe viewing.

### COSTLY

Subscription services can be costly. As the main source of entertainment, most households have at least one streaming platform, and each platform has its own monthly subscription fee. Services are charging more for ad-free viewing, and better quality and resolution; however, there is a cheaper option with adverts. Due to price increases, Netflix and Disney+ reported a sharp increase in users subscribing to their ad-supported tier in 2025.

### ILLEGAL STREAMING

Sharing passwords or using modified Fire Sticks to access streaming content without permission is illegal. Most streaming services have now put measures in place to detect account sharing. When account sharing is identified, platforms will offer an opportunity to pay for an added member or will ask the user to verify who they are.

### AGE-INAPPROPRIATE CONTENT

Most streaming platforms allow users to set up a profile for each family member, with the option of putting specific restrictions in place. These include adding a profile lock or PIN, controlling autoplay of previews and next episodes, and limiting content based on age ratings. Nonetheless, these restrictions aren't foolproof. Content which is rated as suitable for an age group may still include themes, language, or images which children and families find inappropriate.

### EXCESSIVE SCREEN TIME

Excessive screen time contributes to sedentary behaviour and can negatively impact physical and mental health. Ofcom found that 4- to 15-year-olds averaged 2.5 hours per day across all video-sharing platforms, not including gaming. The vast range of content available, combined with features such as autoplay, makes it easy for children to watch for extended periods of time.

### BINGE WATCHING

Features such as autoplay make it easy for viewers – especially young people – to continue watching episodes without a break. This can foster unhealthy and addictive patterns, such as consuming a vast amount of content in one sitting. With binge watching come a lack of social interaction, lack of physical exercise, and often late nights and sleep disruptions which impact their mental and physical wellbeing.

### HARMFUL STEREOTYPES

Many platforms track viewing habits, time consumed, and preferences, and generate recommendations to encourage your child to keep watching. This results in your child being in a 'loop' whereby they think the 'recommended' shows would be something they would enjoy rather than thinking critically for themselves. This can shape their beliefs, values, and understanding of the world from a young age without even realising it.

## Advice for Parents & Educators

### SET UP INDIVIDUAL PROFILES AND ADD PINS

Almost all streaming services allow users to set up individual profiles where each family member can have age restrictions put in place for the content they can view. Adult profiles can be protected through the use of PIN. Keep this private. Use the options of putting specific restrictions in place such as controlling autoplay of previews and next episodes, and limiting content based on age ratings.

### MONITOR AND TALK OFTEN

Discuss with your child what they are watching, find out which programmes are trending, and watch them yourself. Have a little look at their watch history to check the content of what they're watching. Some platforms have been known to recommend or autoplay older or graphic content after a child's movie has been played. While some tv shows or movies may have a suitable age rating, your child may still find the content scary, or it may explore themes you don't want to explore with your child yet.

### TALK ABOUT ALGORITHMS

Talk to your child about how streaming services track what they watch, and base adverts and recommended shows/movies on previous viewing. Encourage them to critically think about whether the recommendations are suitable and how they want to spend their time. Discuss stereotypes with your child and challenge them to think about what they watch and how this may influence their beliefs.

### SET TIME RESTRICTIONS

Many streaming services offer the opportunity to buy movies, or add additional features to your subscription such as sports channels, as well as play games. This can increase the amount of time young people spend sitting idly in front of the screen. Some platforms (e.g. Apple TV+) allow you to set screen time restrictions. If the streaming service doesn't allow you to set screen time limits, set a family rule and stick to it.

### Meet Our Expert

Dr Claire Sutherland is an online safety consultant, educator, and researcher who has developed and implemented anti-bullying and cyber safety policies for schools. She has written various academic papers and carried out research for the Australian Government, comparing internet use and sexting behaviour of young people in the UK, USA and Australia.



#WakeUpWednesday

The National College

See full reference list on our website

@wake\_up\_weds

/www.thenationalcollege

@wake.up.wednesday

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# 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"!





# Ruby Mason is our Oral Hygiene Champion at Pensans



## Smarter Smiles Newsletter- Oral Health EYFS



### Toothbrushing advice

#### Children 0-3 years old

Parents/guardians should brush their children's teeth

- as soon as they erupt
- twice a day, last thing at night and one other occasion
- with a smear of fluoride toothpaste, containing at least 1000ppm fluoride.

#### Children 3-6 years old

Parents/guardians should brush their children's teeth

- on all tooth surfaces
- twice a day, last thing at night and one other occasion
- with a pea-sized amount of fluoride toothpaste, containing at least 1000ppm fluoride.
- Spit out the toothpaste and not rinse out with water.

### Healthy eating

- Introduce a wide variety of solid foods from around the age of 6 months
- Sugar should not be added to food or drinks given to babies and toddlers.
- Minimise amount and frequency of consumption of sugar-containing food and drinks.
- Use sugar-free versions of medicines.
- Avoid sugar-containing foods and drinks at bedtime.
- Children aged 2 to 3 should have no more than 14g of sugar.
- Children aged 4 to 6 should have no more than 19g of sugar.



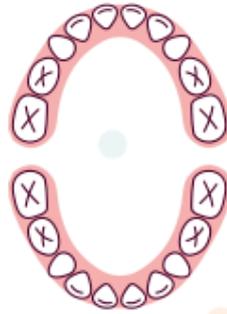


# Ruby Mason is our Oral Hygiene Champion at Pensans



## Tooth eruption

- Baby teeth should start to erupt from around 6 months.
- Should have a total of 20 baby teeth and all erupted by the age of 3.
- If no teeth are present by the age of 12 months then to seek professional advice.
- Baby teeth play a major role in maintaining space for adult teeth.
- First adult molar will erupt from the age of 6.



## First dental appointment



As soon as your child gets their first teeth and certainly by their first birthday, take them to the dentist so they become familiar with the experience.

The Dental check by One campaign was established by the British Society of Paediatric Dentistry.  
For more information visit <https://dentalcheckbyone.co.uk/>

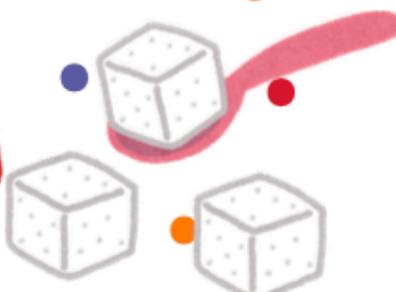
## Did you know?

Enamel, the outer surface of teeth, is the strongest substance in the human body!

Sadly, enamel cannot be healed like broken bones so good oral health is crucial to keep our teeth strong!

## Find out more.

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





# Learn how to play the ukulele with Jenny!



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

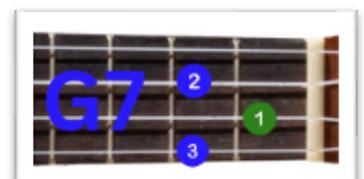
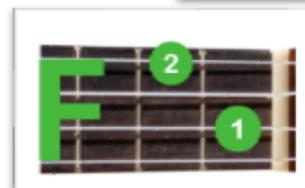
Jenny Crow, music teacher from Cornwall Music Service Trust is working in our school this term. We are learning to play chords, play strumming patterns and play plucking patterns to accompany songs.



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/>

