

Pencalenick Post

2023

Update from Mrs Watkins-Young

Interim Head Teacher

Hello everyone,

What a term!

Each and every one of our pupils should feel so proud of themselves this term. Everyone has been hard at work and very much deserve all the fun things we've also done this term. We've had so many exciting events and trips happen recently including Christmas jumper day, Christmas dinner and our Christmas fayre. Our fayre raised around £3500 for Pencalenick Friends which is AMAZING! In the lead up to the Christmas holidays we've had our church visit, Christmas door decorating, Christmas shopping, and lots of cake and drinks at Sainsbury's.

A massive thank you to the Pencalenick Friends troop who pulled off another amazing event for our children. We could not hold these events without your help. Also, a big thank you to all who contributed to our Christmas fayre in donations, playing games and buying raffle tickets. It was a great success.

I wish you a restful holiday and a happy new year!



Forthcoming Events

Dates for your Diary

4th January: Start of Term

4th January to 9th February: Year
8 Annual Reviews

16th January: Upper school
Immunisations

26th January: Inset Day

9th February: End of Term

Arbor Parent Portal

Getting Connected

We have had a great response to the opening of our Arbor Parent Portal App with 85% of our parents having already signed in.

The Portal gives you access to a restricted view of your child's profile on our information system. It allows you to check the details we hold are correct and gives you the ability to update them yourself. You can:

- Update your phone number, address, and contact information
- See your child's attendance
- View your child's timetable
- Give or decline consents, including for trips and activities, photos, first aid, etc.

Once we get as close to 100% of parents signed up as possible, we will be able to open up other options, such as booking meals and paying for meals and trips.

If you have not already accessed the Portal, we would urge you to give it a go. If you would like some support to get started, please do not hesitate to contact Reception.



Class Highlights

Botallack Class

I can't believe it's Christmas already!

Botallack class have been busy this term. In English, we have focused on fiction by reading 'The Taylor TurboChaser' by David Baddiel, a fantastic story about a girl who would love to be a racing driver but is held back by her old, slow wheelchair. Fortunately for her, her best friend is a genius inventor!

We have been so fortunate in our preparations for Christmas, Mrs Adams' cousin Anne came in to teach us how to make a table decoration; she was blown away by how creative we all were!

On Wednesday 13th we all went to Sainsbury's for hot chocolate and cake, which they kindly provided for us and various other classes throughout the week. We finished the afternoon by doing some Christmas shopping for our families.

Christmas lunch and a visit to our local church were really fun and even better experienced with our friends. Despite all the festivities, we are still trying to walk a mile every day.

Botallack wish you all a Merry Christmas and a Happy New Year!



Port Quin Class

This half term in Port Quin pupils have continued to work hard and make progress with their EHCP outcomes. All pupils have accessed learning and interventions with other groups as well as in the Port Quin classroom, which has been a really positive experience.

We have continued to include enrichment opportunities as part of our curriculum, such as KS4 having the chance to visit Bodmin Jail which was very interesting, and we had lots of fun looking around. This visit was organized and planned by one pupil as part of his English Entry Level.

We all enjoyed our trip to Sainsbury's for a well-deserved Christmas treat of a hot drink and cake.

We wish you all a very Merry Christmas and a Happy New Year. See you next term for more fun and adventures together.



PIC•COLLAGE

Mount Charles ARB

Mount Charles ARB have had a fantastic term learning about winter celebrations including Bonfire Night, Diwali, Thanksgiving and Christmas.

We have been learning how to be a good friend and how to use the park equipment safely.

We have enjoyed visiting The Tunnel of Lights in Charlestown and watching Arthur Christmas at the cinema.

We had a special visit from Santa and his elf who gave everyone a lovely gift.

We all wish you a Merry Christmas.



Pencarrow Class

What a fantastic half term for Pencarrow Class.

Students have been really enjoying our English lessons based on 'The Taylor TurboChaser'.

We've had some exciting lessons in science, learning all about light and shadows and experimenting with them.

We visited The Woodland Valley Farm, where we learned all about Beavers and their habitats. We fed the horses some carrots, played in some tree houses and built our own dens. We were very lucky with the weather, however still managed to get wellies stuck in the mud!

We had a well-earned trip to Sainsburys where hot chocolate and cakes were enjoyed by all of us.

PE this term has been enthusiastically received; making the most of the multi-gym and learning how to use the equipment safely. We all had fun learning Rugby drills, learning new game skills and demonstrate sportsmanship.

We also had lots of Christmas activities and fun while celebrating Christmas Jumper day and having Christmas dinner all together.

Happy Christmas Pencarrow!



Pendennis Class

This half-term, Pendennis Class has been engaged in exciting projects with the valuable support of our local community partners. Our enriching experiences began with visits to Truro Library and Helston Museum of Cornish Life. These outings provided our students with a deeper understanding of our local heritage and culture. Inspired by the touring exhibit 'Comfort Blanket' by Grayson Perry, we collaborated on a remarkable group art project. This endeavor showcased the incredible talent and creativity that our young learners possess when given the opportunity. The accompanying images capture our class at the exhibit and working together on a magnificent giant tapestry.

In our English lessons, we embarked on an enjoyable journey through the pages of 'The Taylor TurboChaser' by David Baddiel. This captivating novel follows Amy's thrilling adventures with her extraordinarily speedy wheelchair. This story not only captivated our imaginations but also sparked our curiosity in design and circuitry during our science lessons. Furthermore, it led us to explore the world of Formula One racing in our math classes, where we delved into the mathematical concepts behind this sport.

Looking ahead to the next term, we are thrilled to announce our collaboration with local author Hannah Beven. Together, we will embark on an exploration of journaling using her creative journal titled 'Hometown'. We are excited to delve into the realms of self-expression, reflection, and creativity through the written word, guided by the expertise of a talented local writer.

This half-term has been an incredible journey of discovery, inspiration, and collaboration for Pendennis Class. We are immensely grateful for the support of our community partners and eagerly anticipate the adventures that await us in the coming term.



Budehaven ARB

Budehaven ARB students wanted to support The Shoebox Appeal this year.

The students held a cake sale and raised £95, we used the money to purchase items for our boxes such as gloves, socks, pens, and small toys for example.

We made 9 boxes in total and then walked to the local drop off point in Bude. We also wrote letters and attached our photos and placed them in our boxes.



Heligan Class

Heligan Class have had lots of fun this half term continuing our Paleontologist topic to explore the Stone Age and had a go at making our own cave paintings using our hands and natural materials like sticks, stones, and moss. We also found out about the difficulties of washing a woolly mammoth (prepare to get wet!) and practiced our fine motor skills and scissor control to decorate a mammoth.

Pupils visited Penryn College to take part in a Boccia Tournament in November and enjoyed playing one of their favourite sports against pupils from other schools. It was a great day out and all the pupils who took part received a medal in recognition of their involvement.

As part of our ASDAN and life skills development we have been visiting a variety of different community locations. These were focused around developing our shopping skills and practicing for our recent Christmas shopping experience. We practiced navigating shops and asking staff for help and assistance. Pupils brought their own list of ideas from home, had to remember that they needed their money and a bag to carry their shopping. They then wrapped their shopping and wrote their tags before taking them home to put away ready for Christmas.

In recent weeks we have been focusing on Christmas and we helped raise money for Save the Children by wearing our Christmas jumpers, enjoyed Christmas dinner together, and took part in a range of festive crafts including making our own gonk beards (this was met with great hilarity). We are looking forward to our visit to Sainsburys next week for hot chocolate and cake!



Brannel ARB

In PSCH we've developed our understanding of social skills, as well as taking part in anti-bullying week to learn about the differences between 'banter' and 'bullying'.

For Halloween, we designed and carved our own pumpkins exploring the shapes in the dark by using a torch light.

In our cooking we've been making (and eating!) healthy snacks, including flapjacks, and reduced sugar biscuits and cakes!

In Art, our theme for this half term, we have enjoyed creating 'All things Autumn' using natural products. We have all been working hard in our P.E lessons too. The principle of invasion games has developed our teambuilding skills and how to be a good sportsperson.

We also really enjoyed learning new things on our trips to the Plymouth Marine Aquarium!



Bedruthan Class

This half term in Bedruthan, the class has been bustling with learning and accomplishments. In English, students have been showcasing their speaking and listening skills for the English Entry Level Certificate qualification. Meanwhile, in mathematics, the focus has been on mastering shapes and money skills, with a hope that these money skills are practiced beyond the classroom.

In humanities, students delved into captivating topics such as deadly diseases, witchcraft, and the Great Fire of London. Religious education lessons revolved around understanding Jesus, his stories, and the happenings in church. Art sessions involved exploring the works of Christopher Nevinson and attempting to recreate his artistic work.

The ICT curriculum emphasized safety, teaching students about identifying strangers and crucial tips on staying safe online. In PSHE, meaningful relationships and understanding emotions took center stage which evoked some interesting discussions. Physical education covered cardio, ball skills, and sensory fitness.

As the term wraps up, students also explored future work experiences, the next steps after school, and the journey to finding a job.

The staff in Bedruthan extends warm wishes for a Merry Christmas and a Happy New Year to all, urging everyone to take a well-deserved rest! See you next term.



Eden Class

Eden class have had a busy half term again. We have all enjoyed getting ready for the festive season by decorating the classroom to look like Narnia, following the daily antics of Tinsel the naughty elf, counting down days on the advent present tree, visiting Sainsbury's cafe for hot chocolate, seeing Santa in the school grotto, and practicing for the entry to 'Pencalenick has talent'.

There has also been lots of hard work learning about shape, number, handwriting skills, Taylor the Turbo Chaser, PE team skills, cooking and much more. Have a lovely Christmas all.



Crantock Class

Crantock class have had another wonderful half term full of learning and fun. We have been learning about money, time and shape in math's and have been looking out for different shapes within our environment.

We have unpicked the story of the lighthouse keepers' lunch and made our own functioning model lighthouses.

Crantock have really enjoyed continuing to take part in the sensory motor and regulated group and sensory circuits in P.E.

We also had a lovely trip to Sainsburys and enjoyed hot chocolate and cake. Continuing the Christmas festivities, we have created lots of Christmas decorations both for our classroom and for our grotto photobooth displayed at the Christmas fayre. What a lovely end to the term. Happy Christmas!



Trebah Class

Happy Christmas!

The pictures say it all



Lanhydrock class

Well done Lanhydrock class on a very successful half term.

We've had great fun exploring 'What Frightened People in the 17th Century', as well as thinking about Jesus and Special People in R.E. Speaking about special people, we had a visiting Teacher from Richard Lander School called Aimee, who delivered a wonderful stop-motion Art session for us.

It was all about hockey and curling in P.E, whilst some hardy souls in the class remained committed to the walled garden where we sowed clover in the polytunnel beds as an overwinter green manure.

The term culminated in a wonderful day out to the VR Centre in Truro followed by some fun at Boscawen Park.

Happy Christmas everyone!



Trelissick Class

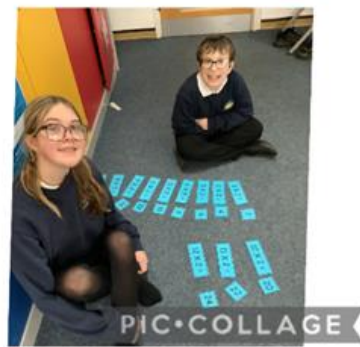
With Christmas rapidly approaching we have been very busy in Trelissick class.

In English we have been studying fiction and we are looking at the classic Dickens novel, A Christmas Carol.

We have been looking at all things Autumn in art. We have loved going out and about and exploring things from colours to shapes and textures.

Amongst other topics, we have studied money in math's and the students demonstrated some great independent money skills.

We wish everyone a merry Christmas and a happy new year.



PIC•COLLAGE

Falmouth ARB

It has been a busy time down in Falmouth.

A highlight has been the visit from a local children's author, Alastair Hoswell. We loved his story "I brushed my teeth with hair gel" and had fun working with the lovely Callum puppet and the huge teeth!

As we get close to Christmas, we have also had the arrival of lots of reindeer, as you can see from our calendars.

Every day in Falmouth is full of learning and fun.

We hope you all have a lovely Christmas and a Happy New Year from us all.



Sennen Class

Sennen class have had a fantastic half term in the run up to Christmas. We've been working together to create colosseums, cakes, and volcanic eruptions.

We were very fortunate to be invited to Sainsburys for our Christmas hot chocolate and cake, which were delicious! Whilst we were there, we all successfully completed our Christmas shopping, buying gifts for members of our family to wrap and put under the tree.

It was a joy to take part in the Pencalenick tradition of visiting St Clements church for our Christmas service, followed by a wonderful walk back to school along the river with Trebah class. Each and every pupil in Sennen class has worked so hard this term and they should be very proud of their achievements during their first term at Pencalenick. Have a wonderful Christmas break and a Happy New Year.



Towan Class

As the autumn term draws to a close and with the excitement of Christmas festivities fast approaching, Towan class have had a great term, and all have made progress in all areas.

There has been real teamwork demonstrated this term with budding friendships developing. This has been apparent from food tech to physical education.

In food tech, there have been some delights created which would make some TV chefs take note! These include quiche, crumbles, flapjacks, and mince pies to name a few. Members of Towan have shown an increase in confidence and social skills both in and out of the classroom, they have demonstrated a helping culture too towards each other – the team have bonded.

This term has also allowed Towan to get creative within art classes, these include that of mixed media and an array technique from influential artists including Kit Johns and Marco Balich. There has also been time spent with the resident DJ where some members of Towan have now been asked to DJ at the end of term disco!

In English, Towan have been reading and studying books by authors David Walliams and David Baddiel. Mainly focusing on the book “The Taylor turbo-chaser”. Key aspects of some English lessons have been looking at characters and creating discussion sessions where full class engagement was achieved. This has shown improvements in class confidence and group speaking. There have been improvements made in mark marking, handwriting, and spelling. English Step improvements have been made by most this term.

Science has had Towan fully engaged, as we looked at forces and pressures. Building their own boats, parachutes and bridges and then tested to destruction has been real fun!

Socially members have been excited for events which have happened this term including Halloween, bonfire night, birthdays and of course Christmas- Christmas jumper day, gatherings, Christmas lunch and of course Towan’s trips to garden centres, shopping centres to see the festivities and of course hot chocolate and cake at Sainsbury’s.



Trerice Class

The pupils of Trerice may not have liked me very much this half term, as I have made a big push on grammar and punctuation...not exactly their favorite! Hopefully, learning about all the dreadful illnesses that scared people in the 17th Century has kept me in favour!

Other learning that has taken place this half term includes...

PSHE, where we have continued to work on self-awareness in the context of relationships, including the importance of good communication, managing our emotions, and not allowing media influences to damage our self-confidence.

In PE, we have been honing our basketball skills and the pupils are now able to play a match independently, remembering to dribble, bounce pass, block, intercept and eventually shoot. I am so impressed with how well they have worked together. Great teamwork!

As the half term draws to a close, we have enjoyed some relaxing art lessons, making Christmas stockings for our classroom door display and Christmas decorations to hang on the tree at St. Clement's Church. The rest of the last week of this term will be about finishing off any pieces of work, Christmas shopping and having fun socializing before the holidays.

We hope you all have a wonderful Christmas.



Cookery lessons

Happy Christmas from the cookery department.

Wow! A big thank you to all the students at Pencalenick, you are truly amazing.

I've had a wonderful year cooking with you all. We have made mini quiches, pizza, flapjack, pasties, scones, crumble, macaroni cheese, cookies and so much more. You have all weighed, measured, chopped, whisked, mixed, beaten and created delicious food to take home and share.

I am so proud of you all, and I can't wait for another year of cooking with you. You all made macaroni cheese and most of you made your own cheese sauce which is a tricky thing to do. Some of the staff hadn't made one, and learnt alongside you, so very well done.

If any parents, carers or friends would like any of the recipes please email me at sfranks@pencalenick.org

We hope you all have a very happy Christmas, and we'll start cooking again in the New Year.



Christmas Festivities



Safeguarding

School Website

Don't forget that you can find information all around safeguarding and attendance on our school website.

Pencalenick School - Safeguarding
Pencalenick School - Reporting Absence



What is bullying?

Bullying is any behaviour by an individual or group that:

- Is meant to hurt.
- Happens more than once.
- There will be a pattern of behaviour, not a one off incident.

S Several
T Times
O On
P Purpose



S Start
T Telling
O Other
P People

CONFLICT VS BULLYING
Understand the difference

Conflict:
A Disagreement or Difference of Opinion
An Inevitable Part of Group Dynamics
Equal Power Between Those Involved
Usually an Isolated Incident/Occasional
All Involved Make An Effort to Resolve the Situation

Bullying:
Based on an Imbalance of Power
The Intent to Harm - On Purpose
Happens Repeatedly
Serious - Causes Physical or Emotional Harm
Does Not Stop When Asked
Should Always Be Reported

facebook.com/BulliesOut
@BulliesOut
BulliesOut
www.bulliesout.com
Registered Charity Number: 123070

NSPCC

Helping Children Deal with Bullying & Cyberbullying | NSPCC

<https://www.nspcc.org.uk/what-is-child-abuse/types-of-abuse/bullying-and-cyberbullying/>

0808 800500

childline

ONLINE, ON THE PHONE, ANYTIME

Bullying and advice on coping and making it stop | Childline

<https://www.childline.org.uk/info-advice/bullying-abuse-safety/types-bullying/>

0800 1111



Anti-Bullying - Healthy Cornwall

<https://www.healthycornwall.org.uk/organisations/healthy-schools/core-themes/emotional-wellbeing/wellbeing-resources/anti-bullying/>



Advice for parents and carers (anti-bullyingalliance.org.uk)

<https://anti-bullyingalliance.org.uk/tools-information/advice-and-support/advice-parents-and-carers>



Pencalenick School

BULLYING ADVICE FOR PUPILS, PARENTS AND CARERS



NATIONAL CHILDREN'S BUREAU
Part of the family

What to do if you think your child is being bullied or bullying anyone else?

- ✓ Give reassurance to your child (this is not their fault)
- ✓ Talk calmly about what is happening (even though you may feel upset yourself)
- ✓ Listen and take what is said seriously
- ✓ Let them know you want to help and praise them for telling you.
- ✓ Makes notes of what has happened (who, what, when, where)
- ✓ Do not encourage your child to retaliate.
- ✓ Keep your child involved - it is important that they know what is happening and have a say.
- ✓ Encourage them to report incidents to a teacher or pastoral
- ✓ Talk to the school immediately
- ✓ Reassure your child that the school will deal with the matter sensitively

Please read this guide in conjunction with the school's behaviour and safeguarding policy, which is available on our website.

We are firmly committed to working in partnership with parents and believe that the best outcomes emerge when staff and parents/carers work together.

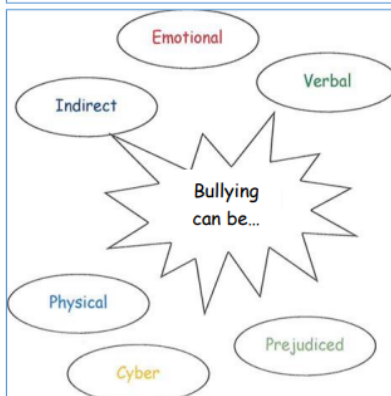
Bullying is not when two people have a disagreement or fall out over something. Bullying can be...

Physical Bullying kicking, hitting, taking things, sexual assault

Verbal Bullying name calling, shouts of abuse, using threatening language

Indirect Bullying spreading rumours, being excluded from groups, intimidation, writing on walls

Cyber Bullying nasty text messages, emails, phone calls and through wide use of technology



If you like to have a confidential conversation with an independent body you can also ring provisions on the contacts list on the back of the leaflet.

Spotting the signs of bullying

You may be unsure if your child is being bullied. It may be helpful to look out for some of the following **changes in behaviour**, which could be an indicator:

- Stress—being moody, silent or crying.
- Making excuse to miss school.
- Upset after using the internet or telephone.
- More bruises or scrapes than usual.
- Withdrawn, anxious, lacking in confidence.
- Torn clothes or things that are missing or broken.
- Poor sleeping.
- Bed-wetting.

Whom to contact about bullying

Please contact your child's class tutor or member of the school's Senior Leadership Team with any concerns.

**Anti-Bullying Senior Lead/
Deputy Designated Safeguarding Lead:**
Jodie Watkins-Young

**Designated Safeguarding Lead/
Behaviour Lead:**
Diana Barry

Our annual Anti-Bullying Week 2023 took place from Monday 13th – Friday 17th November with the theme 'Make A Noise About Bullying'. We all came together to have discussions about what we mean by bullying behaviour, how we can tell the difference between 'banter' and bullying and how we can make changes to reduce bullying.



We started it off with the Odd Socks Activity Day, with the opportunity to explain the importance to be yourself and spread awareness of the core values Anti-Bullying Week promotes. The Odd Socks are all about fun and laughter, but more importantly, they deliver a message of individuality, acceptance and tolerance.

ANTI-BULLYING WEEK 2023: 'MAKE A NOISE ABOUT BULLYING' CALL TO ACTION

Too often, we are silent when we see bullying take place, silent about the hurt bullying causes, and silent when we hear bullying dismissed as 'just banter'.

It doesn't have to be this way.

Of course, we won't like everyone, and we don't always agree, but we can choose respect and unity.

This Anti-Bullying Week let's come together to have discussions about what bullying means to us, how banter can turn into something more hurtful, and what we can do to stop bullying. Together, we can make a difference and take a stand against bullying.

**From the playground to Parliament, and from our phones to our homes,
let's make a noise about bullying.**



Helpful leaflets and information



This leaflet contains information about how to look after a child who has a cough (not due to asthma). For more detail see www.bristol.ac.uk/child-cough

Caring for children with **COUGHS**



COUGH

Coughs can last for 3-4 weeks and make your child feel quite unwell but will still get better by themselves.

'Noisy chests' or 'chesty coughs' are quite common when young children catch a cold and are not necessarily a sign of a 'chest infection'.

Healthy children typically get a cough 7-10 times a year and this is not a sign that there is anything wrong with their immune system.

DISTURBED SLEEP

Coughs will often wake your child in the night. When the child lies down, more of the mucus from the nose and throat runs downwards and your child coughs more to clear it.

Coughing is part of the body's defence system which helps keep the lungs clear and fight the illness. Unfortunately this can wake the child in the night but does not mean the illness is more severe.

For children over 1 year, a spoon of honey (perhaps in a warm drink) half an hour before bed may help them to wake less often.

For children over 2 years, vapour rubs (containing camphor, menthol and/or eucalyptus) may help children sleep better.



FEVER/HIGH TEMPERATURE In children, a temperature of over 37.5°C is considered a fever.

Fever is a normal response to illness and does not harm children. It may even help to fight illness.

Children with a high temperature may be more likely to have a more severe illness, although most do not. Occasionally a child may have a fit. This shouldn't cause harm and treating the fever doesn't prevent it.

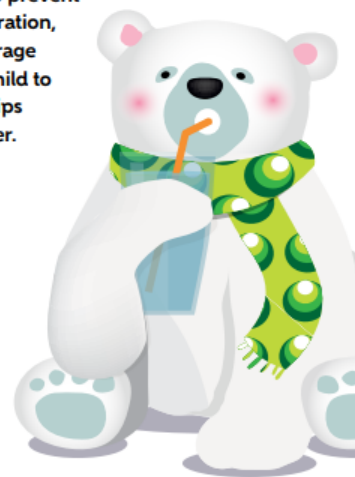
It is safe to use child paracetamol and ibuprofen to manage children's fever (and pain) for as long as needed. Follow the dosage on the bottle.

DRINKING/EATING LESS

Children often eat and drink less when they have normal childhood illnesses. Most children can go a few days without eating much and this will not affect their longer term growth and development.

All children need to drink regularly to avoid becoming dehydrated, especially if they are vomiting.

To help prevent dehydration, encourage your child to have sips of water.



WHEN TO SEE THE DOCTOR

Arrange to see or speak to your doctor today if any of the following occur:

RAPID OR DIFFICULT BREATHING (DEPENDING ON AGE):

| AGE OF CHILD | BREATHING RATE |
|-----------------------|--|
| Babies under 6 months | over 60 breaths per minute |
| Babies 6-12 months | over 50 breaths per minute |
| Children over 1 year | over 40 breaths per minute |
| Any age | Being short of breath (as if your child has been running) or is 'working hard' to breathe when resting |
| Any age | Skin between and below the ribs gets sucked in each time your child takes a breath |

HIGH OR PERSISTENT FEVER (DEPENDING ON AGE OF CHILD):

| AGE OF CHILD | TEMPERATURE |
|---|----------------------------------|
| Babies under 3 months | 38°C or more |
| Babies 3-6 months | 39°C or more |
| Children over 6 months | over 37.5°C for more than 5 days |
| If your child has a fever fit, call 999 or take them to A&E. | |

VOMITING (DEPENDING ON AGE):

| AGE OF CHILD | SYMPTOMS |
|------------------------|--|
| Babies under 3 months | Vomiting + fever of 38°C or above |
| Babies 3-6 months | Vomiting + fever of 39°C or above |
| Children over 6 months | Vomiting + fever + extremely drowsy or listless |
| Any age | Severe vomiting (child not able to hold down fluids for 8 hours or showing signs of dehydration) |
| Any age | Persistent vomiting (more than 2 days) |

SKIN PALER THAN USUAL

If your child appears much paler than usual; hands and feet are very cold while their body is warm. **If skin, lips or tongue appear blue, call 999.**

PAIN

Pain in the chest (not when coughing) combined with fever and rapid breathing.

HARD TO WAKE / UNRESPONSIVE

Cannot be woken or wakes only slightly and then immediately goes back to sleep.

If your child wakes only with lots of stimulation, or is much less responsive to social stimulation (smiles and talking) than usual.

NOT FEEDING

Babies under 1 year: if your child stops feeding entirely.

