



# Pensilva Primary School

*Working Together To Make A Difference*

To Live

To Love

To Learn

Newsletter  
19<sup>th</sup> January 2024

Another busy week has come to an end at Pensilva. As usual there has been a lot going on in school: football, cross country, a cookery demonstration and even an unexpected fire drill today!

**Food Bank Demonstration** – On Tuesday, Sarah from Liskeard Food Bank came into school to run a parent cookery demonstration. The turn out was incredible. Each family who attended was given a recipe card and a bag of ingredients. By the end of the day we had given out 40 food bags.

A huge thank you to everyone who attended the session and to those who have sent in comments afterwards. I think a lot of you enjoyed your crumpizzas. It will be great to welcome Sarah back in the future to run further demonstrations.

**Cookery Course** - As part of the food bank's offer, there is an online cookery course that parents can access. This takes place over 5 weeks. For each session you will receive a

recipe, ingredient and online tutorials. There is also the opportunity to get a free slow cooker for those that take part. If you are interested, please let us know and we will pass on your details.

**Football:** On Monday, the girls football team travelled to Bishop Cornish School in Saltash for their first league match of the season. As you will be aware, we only founded the girl's football team last summer and the girls have worked so hard to improve their skills.

Despite playing against a very experience Bishop Cornish side – who have just finished runners-up in the county finals – the girls played their hearts out. The score line of 6-1 to Bishop Cornish does not reflect the motivation and determination that our girls showed. We are all incredibly proud of them.

A special mention goes to Scarlet, who stepped in at the last minute to play as goalkeeper – despite never playing in the position before.

<u>DATE</u>	<u>ACTIVITY</u>	<u>TIME</u>	<u>Notes</u>
07.02.24	IEP meetings	3.30pm	Booking details to follow
09.02.24	INSET Day	All day	School closed to children
12-16.02.24	February Half Term		
20.02.24	Girls football match vs Burraton	3.45pm	Away match at Burraton. Leave school at 3.00pm.
21.02.24	Class Photos	All day	
21.02.24	Parents Evening	3.30pm onwrds	Details to follow
22.02.24			
07.03.24	Girls football match vs Dobwalls	3.45pm	Home match as part of the East Cornwall league.
14.03.24	Buzzard's Life Skills Session	12.30pm	Life skills session hosted by Liskeard Fire Station
27.03.24	Whole School Easter Performance	2.00pm start	Millennium House
28.03.24	INSET Day	All day	School closed to children

**Cross Country** – Today, our cross country team are travelling to Cotehele for the 3<sup>rd</sup> race of the season. Look out for how they got on in next week’s newsletter and on our Facebook page.

**Pupils Of The Week**

**Wrens – Freya**

For fantastic effort to write a sentence in her writing book.

**Doves – Seth**

For working hard to join his handwriting.

**Puffins – George**

For putting in amazing effort into everything he does.

**Buzzards – Liam**

For his maths work about mixed numbers.

**Headteacher Award – Scarlett**

For being a great team player and showing incredible bravery.



If in a school year, your child is late every day by...	Your child would have lost approximately...	Or they would have missed approximately...
	3.5 Days from School	20 Lessons
	7 Days from School	41 Lessons
	10 Days from School	50 Lessons
	14.5 Days from School	82 Lessons
	22 Days from School	123 Lessons
<b>Lost Minutes = Lost Learning</b>		

Together for Families

# Early Help Parenting Newsletter – Spring 2024

**Free** information, support and guidance for parents and carers.

## Need help?

Contact the Early Help Hub on 01872 322277 for support, advice and guidance.

If you have immediate concerns, are worried about a child or young person's safety, please telephone the Multi Agency Referral Unit (MARU) on 0300 123 1116.

## Parenting Support Workshops

We offer interactive parenting programmes both online and face to face. For more information about our parenting support on offer and to book onto a workshop please visit:

[www.cornwall.gov.uk/parenting](http://www.cornwall.gov.uk/parenting)

The programmes currently available are:

**Solihull: Understanding your Child** – Supporting parents/carers of children aged 1 to 3, 4 to 8, or 9 to 11 (10 x 2-hour sessions)

**Take 3** – Supporting parents/carers of teenagers aged 12-17 (10 x 2-hour sessions)

**Living with Parents** – a one day workshop for parents and their young person aged 12 to 17 years.

**Supporting Healthy Relationships** – (3 x 2-hour sessions)

- **Me, You and Baby Too** (for parents pre-birth – 12 months)
- **Arguing Better** (for parents of children aged 1 – 19)
- **Getting it Right for Children** (for separated/separating parents with children aged 0 – 19)

**Understanding your Child with Additional Needs** – a self-guided course accessed through Solihull:

<https://inourplace.heiapply.com/online-learning/course/36>. To access the course, please register for an account using the code TAMAR

- If accessing from a **computer**, please [click here](#)
- If accessing from a **mobile/tablet**, please [click here](#)

## Bitesize Parenting

Bitesize parenting workshops are weekly 2-hour sessions (12:30 – 14:30) delivered by our parenting team to support on a wide range of topics. Please book on by visiting

[www.cornwall.gov.uk/parenting](http://www.cornwall.gov.uk/parenting)

Date	Bitesize Child (for parents/carers of children aged 4-11)
06.02.24	Remaining Calm
13.02.24	Praise and Rewards
20.02.24	Technology and Safety
27.02.24	Sibling Rivalry and Conflict
05.03.24	Bullying
12.03.24	Special time with your child
19.03.24	Supporting Education and School
26.03.24	Routines and Boundaries
Date	Bitesize Teen (for parents/carers of young people aged 12-19)
07.02.24	Sibling Rivalry and Conflict
14.02.24	Teenage Brain
21.02.24	Supporting Education and School
28.02.24	Mental Health and Wellbeing
06.03.24	Remaining Calm
13.03.24	Drugs and Alcohol
20.03.24	Technology and Safety
27.03.24	Body Image

“I found the agreements and I-statements to be valuable tool to tackle this week. You (the facilitator) have been amazing. Very clear messaging every week.”

– Parent of teenager attending Take 3

## Positive Parenting Top Tip!

### Special Time – Let's Play

Parents need to juggle a lot of different roles in the family, and we can sometimes overlook playing with our children. Children need our attention, and they will gain that any way they can. Giving more positive attention to your child in positive situations, will reduce the need for them to gain attention through negative situations.

We challenge you to spend a minimum of 10 minutes a day of quality, child led play time with your child. This will help your child's self-esteem, mental and emotional health, social skills, communication skills, relationships, and behaviour issues.

So put down your phones, leave the dishes until later and go and get involved in your child's play, they will love you for it.

## Service Spotlight

Parent Carers Cornwall is run by parents and carers and our aim is to support and offer guidance to families who have a child with SEND 0-25 years of age.

Our aim is to gather information from Parent Carers and using these unique shared experiences, we take part in consultations and participation work which helps us to shape the development and delivery of services to our children. We also pass on information to families via a newsletter and e-bulletin, arrange coffee and chat sessions and organise training and workshops for parents.

Support is offered to families to help complete DLA/PIP forms if required.

We are on all social media channels as Parent Carers Cornwall or for any information please contact us through our website

<https://parentcarerscornwall.org.uk/>



## New Booking Platform

Parents/carers or professionals can access the parenting offer by visiting [www.cornwall.gov.uk/parenting](http://www.cornwall.gov.uk/parenting).

Parents/carers or professionals will be able to self-book onto workshops using the parenting booking portal, which can be found at the above website. If a family requires targeted or specialist support, an Early Help Request for help should be made via the Early Help Hub: <http://www.cornwall.gov.uk/earlyhelphub>.

If parents/carers or professionals would like support booking themselves or a parent/carer onto a workshop, they should contact the Early Help Parenting Team using the contact details below. An advice line will be available Monday – Friday, 9am - 5pm to support queries.



### Parenting children aged 0 to 11

#### SELECT A SERVICE

Virtual - Understanding your child (ages 1 to 3) ☐  
This is a Virtual course delivered on Microsoft Teams. [Read more](#)  
2 hours

Understanding your child (ages 1 to 3) Bodmin Family Hub ☐  
This is a Face-to-Face course delivered over Zoom. [Read more](#)  
2 hours

Understanding your child (ages 1 to 3) Troon Family Hub ☐  
This is a Face-to-Face course delivered over Zoom. [Read more](#)

Understanding your child (ages 1 to 3) The Park Family Hub ☐  
This is a Face-to-Face course delivered over Zoom. [Read more](#)

## Further Parenting Support

For further parenting support, including self-help and support from our partner organisations please visit [www.cornwall.gov.uk/parenting](http://www.cornwall.gov.uk/parenting).

## Contact us

Email: [parenting@cornwall.gov.uk](mailto:parenting@cornwall.gov.uk)

Call: **01872 324323**

If you would like this information in another format please contact:

**Cornwall Council, County Hall, Treyew Road, Truro TR1 3AY**

Email: [equality@cornwall.gov.uk](mailto:equality@cornwall.gov.uk) Telephone: **0300 1234 100**



**CORNWALL COUNCIL**  
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[www.cornwall.gov.uk](http://www.cornwall.gov.uk)



### Learn To Ride

The Bikeability Learn to Ride module is for children in year 1 and above who are unable to cycle but must have a bike without stabilisers. Sessions will be taught in small groups, in a pressure free environment, by Scheme staff and targets those struggling to master the skill.

**Course Dates:**  
Tuesday 2nd, Wednesday 3rd, Monday 8th  
and Tuesday 9th April 2024

**Course Times:**  
1000-1115  
1115-1215  
1300-1400



**CLICK HERE TO**  
**BOOK**

### Level 1/2

The Bikeability Level 1/2 course helps children get more skilled and confident in riding their bikes in the playground before we take to the road. This course is for children between 9 and 11 years old. A hot lunch will also be provided

**Course Dates:**  
Thursday 4th, Friday 5th, Wednesday 10th  
and Thursday 11th April 2024

**Course Times:**  
0900-1400



**WHAT IS BIKEABILITY?** Bikeability is the national cycle training programme supported and funded by the Department for Transport. The course builds the skills and confidence of children who can already ride. Bikeability cannot only make children better cyclists; potentially for the rest of their lives but can help with general confidence and independent thinking. All of our Bikeability training is delivered by qualified, professional, DBS checked National Standard Instructors. Visit [www.bikeability.org.uk](http://www.bikeability.org.uk) for more information

#### Key Information:

- Drop off and pick up both from the Sports Centre at Callington Community College
- Children will need a bike without stabilisers and a helmet
- Children will need to be dressed appropriately for sporting activity and will require long sleeves, covered legs and closed shoes
- Please come dressed for the weather