



# Pensilva Primary School

Working Together To Make A Difference

To Live

To Love

To Learn

Friday 11<sup>th</sup>  
October

## Pupils of the Week

### **Wrens – Thea**

For her effort in maths activities.

### **Doves – Ella**

For her amazing reading, including scoring highly on her REN tests.

### **Puffins – Finlay**

For his work on place value in maths.

### **Buzzards – Nicole**

For her scientific research about lifecycles.

### **Headteacher Award – Leo & Korey**

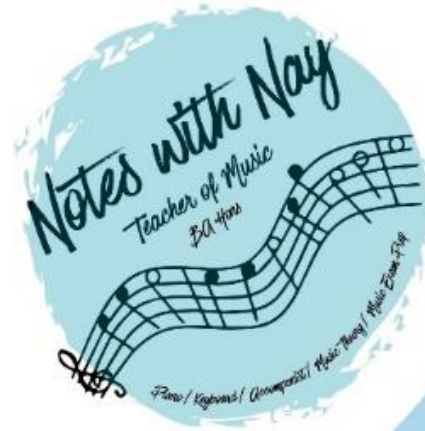
For their fantastic attitude in Read Write Inc lessons.

## Congratulations Emilia



Well done to Emilia in Buzzards class. She completed another 4 weeks of trials over the summer, including a tournament in Swindon, to secure her place for another year in the Plymouth Argyle U10's squad. Her hard work and determination has paid off!

## Piano/Keyboard Lessons



### **Naomi Russell**

A dedicated and experienced Music Teacher committed to providing excellent music tuition.

Fully qualified DBS and up to date safeguarding and GDPR.

## **Piano / Keyboard Lessons**

Individual Lessons: £10 per 20 minute lesson

Individual Lessons: £6 per 10 minute lesson

Small Group Lessons: £5 per pupil per lesson\*

\*Small Group Lessons - please contact me on the details below for more information.

For further information and to register your interest, please contact me on the details below.

**noteswithnay@gmail.com / 07796272287**

Lewannick, Launceston PL15 7GE



Piano/keyboard lessons are due to start in school next week. There will be a taster session on Thursday for those who have already signed up. If you are interested in signing your child/ren up for the lessons, please complete the following form by [clicking here](#).

## **Space Programme**

The Space programme is open to children in Key Stage 2 and limited to 15 spaces. Full details can be found on the final page of the newsletter. The course starts on 7<sup>th</sup> November. If you would like to sign up, please complete the form below:

<https://forms.office.com/e/egEDf0JgWG>

## Honey Fair



Congratulations to Echo, Kitty, Theo and Rupert for claiming prizes at this year's Callington Honey Fair. The school came third overall and received a prize of £50. Well done everyone!

### Autumn Term Key Dates

Wednesday 23<sup>rd</sup> October – IEP Meetings

Thursday 24<sup>th</sup> October – non-school uniform. £1 voluntary donation for the PSA

Monday 4<sup>th</sup> November – Wrens and Doves Parents Evening – 3.30-5.30pm

Wednesday 6<sup>th</sup> November – Parents Evening – 3.30-6.00pm

Thursday 7<sup>th</sup> November – Puffins and Buzzards Parents Evening 3.30-5.30pm

Wednesday 11<sup>th</sup> December – KS1 and Reception Christmas performances (2.00pm and 5.30pm)

Friday 13<sup>th</sup> December – Christmas Fayre – 1.30pm

Wednesday 18<sup>th</sup> December – Whole school trip to the Plymouth Theatre Royal

Friday 20<sup>th</sup> December – 1.30pm finish for the Christmas break

A vibrant pink and white poster for a fitness program. At the top, three cartoon illustrations show a girl stretching, a boy doing a handstand, and a girl performing a handstand. Below each illustration is a label: 'Stretch', 'Express', and 'Challenge'. The main title 'Fun & fitness' is written in a large, playful, pink font. Below the title, the name 'Amy Batty' is written in a cursive font, with 'PERSONAL TRAINER' in a smaller, sans-serif font underneath. The phone number '07711 720404' is printed below the name. At the bottom, three more cartoon illustrations show a boy doing a handstand, a girl doing a handstand, and a boy doing a handstand. Below each illustration is a label: 'Compete', 'Balance', and 'Perform'. The background is a solid light pink color.

**Fun & fitness**

*Amy Batty*  
PERSONAL TRAINER

07711 720404

**FRIDAY 8TH NOVEMBER & EACH FRIDAY UNTIL 13TH DECEMBER**

**5PM-6PM @ MILLENNIUM HOUSE, PENSILVA**

**FIRST SESSION FREE. £5 PER CHILD THEREAFTER.**

**\* SIBLING DISCOUNT AVAILABLE**

### The 40th Cornish Marathon Needs You!!

Whether it's the infectious marathon atmosphere you love, the beautiful Cornish countryside or you're only in it for the free pasty, we've got marshal posts to suit all!

Set to be the biggest and best year yet, to mark the 40th anniversary of this special race, The Cornish Marathon relies on more than 150 volunteers to ensure the event runs smoothly and safely. If you can spare a few hours on Sunday 3<sup>rd</sup> November to be involved with this not-for-profit, community event, the East Cornwall Harriers would love to hear from you – please contact [chairech8@gmail.com](mailto:chairech8@gmail.com) and they will be in touch with more details.

Every volunteer is guaranteed a fresh pasty and an overwhelming sense of pride in helping 450+ runners to reach the finish line!!

### Fantastic Writing

This afternoon, Indra from Doves class came up to the office to show off her incredible writing skills. She is exceptionally proud of writing a 3-page story and for including such great vocabulary. It certainly brought a smile to my face after a hectic week. Take a read for yourselves!

Monday 7<sup>th</sup> October 2024  
WALT: Write a story.  
Let me tell you my story...  
I lived alone in a wonderful yellow cottage on the edge of the deep dark woods. I am lonely but I go to woods to keep me up. The woods are a wonderful place to go. One day I met a grey fluffy wolf, he could do lots of things. He could plant flowers, also fly <sup>hates</sup> whole and even make! So I invited him to come to my garden and he said yes so he came to my garden. When I looked at my garden I was shocked it was fabulous!  
The next day I knew my granddaughter would come because she called me on her mum's phone. She is bringing me some delicious pea soup and I felt really happy. I went back to the call my granddaughter said it will be a light brown smooth basket with a pot inside and in the pot is the pea soup. Then I said goodbye and see you later but I ended the call after that. I was so excited I went to the wolf to tell him that my granddaughter is coming. The wolf granted and went back to work. I decided to bake my granddaughter a chocolate biscuit cake, but persuade that I felt like someone was watching me someone was watching me it was the wolf but my <sup>is</sup> said

The wolf looked mess outside of the window I got upset said.  
I know I was scared but I knew I had to do something. I moved all my stuff that was in the dusty old cupboard then I zoomed into the cupboard and I took the dusty messy cupboard. I said I can't see any things all I could see was a lightbulb. I said I never realised that oh well I guess I will pass the switch get it in much better.  
Suddenly, I heard crashing bangs from the wolf. Later that day, I took my granddaughter. I will not say my name. Sadly, I will not scream. Suddenly I heard another person. I did not know how it was with I with the voice so I tried to get out of the will chase you with my sharp lapet sharp the wolf pointed out the basket.  
Finally I could get out of the cupboard but before I did I turned the light off. Then I slowly came out, little red and red you are the biggest boy I ever had in my life. Then I called to the woodcutter I asked what happened to the wolf. The woodcutter said I am I said I can just let me and my granddaughter have out chocolate chip cake please. The woodcutter said of also that.  
Oh don't ever your cake. The wolf should not ever come back! I said. I let said the woodcutter. I walked to my granddaughter and ate our delicious cake and I never talked to any wolves again. they END!  
sp when  
looked  
Amazing Indra, you have used a variety of sentence starters.



# SPACE

## Supporting parents and children emotionally

### SPACE CYP (for Children and Young People)

SPACE CYP is the most recent offer from the SPACE toolkit for children and young people. SPACE CYP differs from other interventions currently available to children and young people in Cornwall.

Designed to mirror SPACE (for parents), SPACE CYP aims to helping children and young people to recognise and understand triggers behind behaviour and how they can manage this through self-soothing, self-regulation and self-compassion. The programme also explores why communication is key and why promoting healthy protective behaviours is at the core of developing resilience in both themselves and in their relationships with others. The programme recognises that each child / young person may have been shaped by their experiences, but that this does not need to continue to define them and that there is always capacity for change.

A universal programme intended for all children and young people, SPACE CYP supports in the building of knowledge and learning (complimentary to PSHE/SRE) throughout 5 weeks (1 hour sessions) to help children and young people gain a good understanding of the importance of emotional health, wellbeing in relation to themselves, others and their family. With particular emphasis on how to maintain positive emotional, mental health and wellbeing by using the takeaway strategies which children and young people can implement at home.

SPACE CYP also offers practical activities and insights into the neuroscience behind development, trauma (delivered in a child/young person friendly way), attachment/relationships, stress responses, why protective factors are important and what children and young people need to feel safe.

#### Addressing topics such as:

- The impact of stress
- The benefit of using grounding techniques
- The importance of protective factors e.g resilience
- The rupture and repair cycle in relationships
- The benefits of healthy minds and bodies



The sessions will be delivered in school by trained practitioners from the Mental Health Support Team. Sessions are approximately 1 hour long, delivered over 5 weeks and there will be up to 15 children in a group.