

Mawnan CE VA Primary School Newsletter



Using our God-given gifts to let our light shine



Friday 22nd March 2024

Our core
Christian Values:
*Compassion,
Hope, Peace,
Perseverance,
Respect, Trust*

Rugby league

Our rugby league team have shown exceptional talent and dedication during their league matches this half term. Their performance throughout the season has been nothing short of phenomenal. Their defense has proven to be impenetrable, our team has only conceded one try throughout the entire league. This is truly an epic achievement and a testament to their hard work, skill and remarkable teamwork.

They had their final matches of the league week and the results were amazing!

Scores:

Mawnan 4 – 0 Constantine

Mawnan 5 – 0 Kennal Vale

School Eucharist

Our School Eucharist will take place on Monday, 25th March at St Michael's Church. We will be leaving the school promptly at 9:15am, and the service is scheduled to start at approximately 9:30am. I extend a warm invitation for you to join us on this special occasion. It is always a joyous and meaningful gathering, bringing our school community together in a spirit of togetherness and reflection at this special time of year.



Swimming

I would also like to take this opportunity to celebrate the swimming achievements of our Year 3 and Year 4 children. Today marked their final swimming lesson of their two week intense block, and I am extremely proud of their progress. Each and every child has shown remarkable improvement in their swimming technique, stamina, and water confidence.

I want to congratulate the children for their perseverance and outstanding behaviour throughout the swimming lessons. Thank the Pico Staff Team for working so hard to ensure that the swimming ran smoothly, safely and successfully. Well done, everyone!

I would also like to extend my sincere gratitude to the PTA for their generous support in heavily subsidising the cost of the coach.

Gardening Club

Congratulations to our incredible gardening team. They organised their very first plant and flower sale this week, and it was a resounding success! I am proud to announce that they managed to raise an impressive £48, which will be reinvested back into our beautiful school garden. I would like to thank you for supporting this endeavor, and a special thank you goes out to Zinnia for her outstanding efforts in running our school garden and gardening club.



Disco



We would like to say a huge, heartfelt thank to our fantastic PTA for organising such a fun, energetic and memorable school disco. The children loved every minute. The DJ even asked what we teach here at Mawnan school, because there were some amazing dance skills in the year group dance offs!

Thank you to staff who also helped at this event.

Mrs Churcher

We told our school community this week that Mrs Ellen Churcher, our dedicated Topper Class Teacher, will be leaving Mawnan School at the end of this academic year.

It is with mixed emotions that I share this news with you. Whilst we are saddened to say goodbye to Mrs Churcher, we are also proud and excited for her as she embarks on a new chapter in her life. Mrs Churcher and her family will be moving to Dubai, where she has been offered an exciting opportunity in another school.

During her time at Mawnan School, Mrs Churcher has shown immense dedication and commitment to the education and well-being of our children. Her passion for teaching and her ability to inspire young minds have been truly remarkable. We are incredibly fortunate to have had such a talented teacher as part of our team, and we are confident that her new school will greatly benefit from her expertise.

We would like to express our heartfelt gratitude to Mrs Churcher for her unwavering dedication and commitment to the education and well-being of the children at Mawnan School. Her hard work and talent have greatly contributed to the success of our students, and we are confident that her new school in Dubai will benefit immensely from her expertise.

This means we have a teaching vacancy at Mawnan School, for more information see our website

<https://www.mawnanschool.com/web/vacancies>

Multi Use Games Area at Carwinion Playing Feild

The Carwinion Playing Field Trust has proposed an installation of a Multi-Use Games Area (MUGA) at Carwinion Playing Field. This would provide the village with a multi sports facility for adults and children of all ages.

To support this please send an email to express your support by the 2nd April to leon.prynn@btinternet.com.

For more information please see the leaflet attached to this week's Newsletter email.

Fusion Class

On Thursday afternoon Fusion class produced some fantastic fossil refrains with Jazz Moon. They used different types of pasta to create the fossil and skeletal structures, mounted it and then covered it in tissue paper and Pva glue. Next week they continue and start painting them.



After School Clubs

After our Easter holidays, we will have some new clubs starting. Google forms have been sent out for the Summer 1 new clubs today.

Day	Club	Year Group	Time	Cost
Mondays	Embrace Dance	1 & 2	3:15 – 4:15pm	None
Mondays	Netball - Gill	Y5 & 6	3:15 – 4:15pm	None
Tuesdays	Football - Christian	5 & 6	3:15 – 4:15pm	None
Wednesdays	Gardening Club – Zinnia and Lucy	2	3:15 – 4:15pm	None
Thursdays	Nature Club – Mrs Churcher and Miss Law (30 Max)	1 & 2	3:15 – 4:15pm	None
Thursdays	Running and Rounders Club – Mrs Timmins and Mrs Watson (30 Max)	3,4,5&6	3:15 – 4:15pm	None

Gardening Club Collection Change

Starting from Wednesday 27th March Gardening Club collection will be slightly different.

To ensure that every pupil is sent home safely, we would like parents to collect their child from the **Gazebo in the School Garden at 4:15pm** instead of the school playground. Please could adults walk to the Gazebo via the playground and school path and not the field. Thank you.

Dates to Remember 2024

<u>2024 Dates</u>	<u>Event</u>
29 th March – 12 th April	Easter Holidays
19 th April – 24 th May	Friday CST Sailing lessons – Term 1 (6 Sessions)
Thurs 25 th April	TEMPEST: School Class Photos
Mon 6 th May	Bank Holiday Monday
27 th – 31 st May	May Half Term
7 th June – 5 th July	Friday CST Sailing lessons – Term 2 (5 Sessions)
Sun 16 th June	National Garden Scheme Open Garden
19 th – 21 st June	Year 4 & 5 BF Adventure School Camp
26 th – 28 th June	Year 6 Porthpean School Camp
Fri 5 th July	Sports Day
Fri 12 th July	Sports Day (reserve date)
22 nd – 24 th July	School Closure Days
Thurs 25 th July	School Summer Holiday

All dates and events can be found on our School website Calendar:
<https://www.mawnanschool.com/web/calendar/430674>

10 Top Tips for Parents and Educators: Developing Healthy Sleep Patterns

Dreaming of a decent night's sleep?



Many of us are – and it's a particularly pervasive problem for young people. Concerningly, research has suggested that around 70% of teens get less than the recommended 8–10 hours' sleep per night. The effects of poor-quality sleep on a developing mind, of course, can be harmful over a prolonged period.

Although a significant portion of under-18s struggle for shut eye, there is still plenty we can do to support them in getting the beneficial rest they need during those formative years.



Compiled in conjunction with our friends at award-winning mental health charity Minds Ahead, this week's #WakeUpWednesday guide has tips on helping children to develop healthy sleeping habits

At The National College, our WakeUpWednesday guides empower and equip parents, carers and educators with the confidence and practical skills to be able to have informed and age-appropriate conversations with children about online safety, mental health and wellbeing, and climate change. Formerly delivered by National Online Safety, these guides now address wider topics and themes. For further guides, hints and tips, please visit nationalcollege.com.

10 Top Tips for Parents and Educators DEVELOPING HEALTHY SLEEP PATTERNS

Quality sleep is paramount for wellbeing as it impacts our cognitive function, emotional balance and overall health. A World Health Organisation study highlighted that 44% of young people reported difficulty sleeping – potentially affecting their mood, concentration and immune system. Our guide offers expert tips for helping children to sleep more healthily.

- 1 MINDFUL TECH USE**
Encourage a balanced approach to screen time. While phones, laptops, tablets and so on can serve as a helpful means of stress relief, it's advisable to minimise their use right before bed. These devices can keep the mind racing long after they're switched off, impacting how easily and how well a person can sleep.
- 2 EFFECTIVE SLEEP PRACTICES**
Offer practical advice on reinforcing certain habits that have a positive influence on sleeping patterns. Children could start keeping a diary which they add to each evening, for example – or they could use up excess energy by exercising during the day.
- 3 HYDRATION HABITS**
Underline the importance of drinking plenty of water throughout the day, while limiting drinks close to bedtime to prevent disruptions during the night. It's not harder to switch off if you keep needing to get out of bed for the toilet. Avoiding caffeinated drinks later in the day also allows the body and brain to slow down naturally, without any chemicals firing them back up.
- 4 CONSISTENT BEDTIME SCHEDULE**
Assist children in developing consistent bedtime routines that tell the body it's time to wind down, promoting a more relaxed state. Establish specific activities for young ones right before going to bed – such as brushing their teeth – to set up an association between that action and falling asleep.
- 5 OPTIMAL SLEEP ENVIRONMENT**
Ensure that the bedroom is comfortable, dark and free from distractions, fostering an ideal space for quality rest. The room's temperature should also be suitable for sleeping – that is, not too hot and not too cold – while rooms should be kept as tidy and free of clutter as possible.
- 6 RELAXING EVENING ACTIVITIES**
Recommend activities that have a calming effect on the mind – such as reading or gentle stretching – in the lead up to bedtime, to prepare the mind for a peaceful night's sleep. Doing something quiet, relaxing and low intensity signals to the brain that it's time to rest and makes falling asleep much easier.
- 7 PRIORITISING ADEQUATE SLEEP**
Emphasise the crucial role of sleep in maintaining physical and emotional wellbeing. It's especially important to sustain a healthy sleep pattern during challenging and intensive periods in our lives: during the exam season for children and young people, for instance.
- 8 NUTRITIONAL BALANCE**
Highlight the significance of a healthy, balanced diet – and its role in establishing a more consistent sleep pattern. Try to lean towards preparing meals with plenty of fruit and vegetables, served in reasonable portion sizes: not only is this a lot healthier, but it also reduces the chances of feeling too full to be comfortable in bed.
- 9 PARENTAL SUPPORT**
Parents and carers, of course, are uniquely situated to support their children in establishing and maintaining healthy sleeping habits. Parents can review their own sleep habits (incorporating anything from this list that they don't do already) to model a balanced bedtime routine and reinforce the importance of self-care.
- 10 MILITARY SLEEP METHOD**
Look up 'the military sleep method': it's a technique for falling asleep quickly, which incorporates deep breathing exercises. You could encourage children to try it or even use it yourself. While it can take a good deal of practice to perfect, eventually it will start to feel natural – and the results are often extremely impressive!

Meet Our Expert
Minds Ahead design and deliver the UK's only specialist postgraduate mental health qualifications. Winner of the Social Enterprise UK: 'One to Watch' award, the charity provides training and support to education organisations and local authorities. This guide has been written by Adam Gillett – a learning and development specialist who is also Associate Vice-Principal for Personal Development at a large secondary school.

#WakeUpWednesday

The National College

Mawnan Secret Postcard Event

There have been a great variety of beautiful postcards donated so far and we would love for you to keep them coming. It's wonderful seeing the talents of artists near and far and we are getting more and more excited about this event.



MAWNAN SECRET POSTCARD PROJECT

Mawnan school is delighted to announce a unique fundraising event for our wonderful village school.

The Mawnan Secret Postcard Project will see hundreds of original postcards featuring a huge range of subjects and media created by artists both local and further afield.

We are looking for artists to create an original postcard to be donated and exhibited in our exhibition (which we hope will be in early May 2024 - date and venue to be confirmed soon).

All postcards will be displayed anonymously (signed on the reverse) and sold for a fixed fee per card with all money raised going towards a new library for our incredible village school. We have already had a huge amount of interest and started to collect some beautiful postcards from artists far and wide. We are looking forward to a very exciting community event.

Enquiries and postcards to Alex at postcardproject@mawnanschool.com
(Blank Cards available)

Postcard Project, Mawnan School, Shute Hill, Mawnan Smith, Cornwall, TR11 5HQ

Penryn College – Easter Holidays EdVenture Super Camps



£100 FOR 4
DAYS OR £30 A
DAY

EASTER HOLIDAY SUPER CAMPS

Come and take part in our EdVenture holiday provision, offering children a fantastic opportunity to build friendships through team sports and outdoor adventures, and explore their creativity with themed group games and arts & crafts.

EASTER HOLIDAY SUPER CAMP:
TUESDAY 2ND APRIL - FRIDAY 5TH APRIL

4 DAY SUPER CAMP

5-7 YEARS | 8+ YEARS

RANGE OF ACTIVITIES INCLUDING:
DODGEBALL, DEN BUILDING, GYM,
TENNIS, ARTS & CRAFTS, COMIC BOOKS,
JEWELLERY, RUGBY, ASSAULT COURSE,
CAPTURE THE FLAG, BOARD GAMES,
FILMS, TEAM GAMES, ORIENTERRING
TREASURE HUNT & LOTS MORE!



OTHER ACTIVITIES ALSO AVAILABLE:
FOOTBALL, RUGBY, WATERSPORTS, ART
FOR MORE DETAILS ON THE COURSES & HOW TO BOOK:

WWW.MYEDVENTURE.CO.UK

01326 372379



Embrace – Easter Holidays

We are Embrace based on Commercial Road in Penryn and during the Easter holidays our amazing children's instructors will be holding some fantastic children's workshops and we would be very grateful if you could please share the below information and attached documents with parents and guardians.

Easter holiday children's workshops - Suitable for ages 7 - 14.

Keep the youngsters entertained (in convenient child care) in the Easter holidays with Embrace. Morning sessions run 10:30am - 12:30pm and afternoon sessions children can be dropped off at 1pm, session is 1:30pm - 3:30pm. Sessions are £15 per child or £25 for the day. If your child comes for both sessions they can stay with us during lunch time, just please make sure they bring a pack lunch, plenty of snacks and drink to keep them going until collection at 3:30pm.

If anyone would like to book they will require a profile on our website www.embracedancefitness.co.uk if they have any issues they can contact us on either our email hello@embracedancefitness.co.uk or call on 01326 378730.

Many thanks in advance.

Stacy

EMBRACE

01326 378730



Easter holiday dance clubs

Ages 7 - 14

All am classes 10.30 - 12.30

All pm classes 1.00 - 3.30

£15 for morning or afternoon

£25 all day

easter
dance days

The poster features a dark blue background with white and light blue text. At the bottom, there are four stylized Easter eggs in white, light blue, light orange, and purple. The background of the entire poster is decorated with a colorful, abstract pattern of overlapping circles in shades of blue, orange, and purple.



2nd April
am - Jazz with Lucy
pm Tumble with Hannah

3rd April
am - Musical theatre with jade
pm - Cheer with Hannah

4th of April
am - Hip hop with Lucy

pm - Ballet with Lucy

9th April
am- Contemporary with Lucy
pm - Musical theatre with Jade

12th April
am - Hip hop with Lucy
pm - Lyrical with Lucy

easter
dance days

This poster is identical in design to the first one, but includes a detailed schedule of dance classes for the first four days of the Easter holidays. The text is arranged in two columns on the right side of the poster. The background and logo are the same as in the first poster.