

Mawnan CE VA Primary School Newsletter



Using our God-given gifts to let our light shine



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

Thursday 28th March 2024

Happy Easter

As we approach the Easter break, I would like to take this opportunity to wish you all a wonderful holiday and a Happy Easter. It has been a fantastic Spring term, filled with excitement and growth, and I am confident that the Summer term will bring even more opportunities for our students to thrive. Let's hope for drier and warmer weather as we return to school on **Monday 15th April**.

I would like to thank you all for your continued support and involvement in our school community.

Wishing you all a restful and rejuvenating Easter break.

Warm regards,

Miss Pridmore

Easter Bunny

We ended this term on a high note with a special visit from the Easter Bunny. It was a joyous occasion that brought smiles to everyone's faces.

Thank you to our PTA for this fun, much enjoyed event.



Creativity Collaboratives



On Tuesday, I had the pleasure of accompanying Mrs. Churcher and a group of Year 2 children to the Penryn Creativity Collaborative Symposium at the university. This project, now in its third year, aims to develop a model for teaching creative skills across the curriculum. Our students represented our school brilliantly and left a lasting impression on everyone they met.

Eucharist Service

One highlight for us all this week was our annual Eucharist service, which took place on Monday morning. It was a joyous occasion, filled with beautiful readings and heartfelt singing. I would like to extend my gratitude to all the adults who supported this trip and helped make it such a meaningful experience for our students.

Cross Country

Mawnan School is incredibly proud of its cross country runners this week, with several of our children competing in the county finals of the Cornwall School Games championship.

The competition began back in January, with the opening qualifier fought against local schools at Penryn College. The next round was at Pool Academy where schools from the Peninsula area took part. Those who qualified then had to face the best runners from across the whole county.

The conditions for the finals at Newquay on Monday were truly awful. Torrential rain and ankle-deep mud made every race a gruelling slog. But the Mawnan finalists faced all the weather could throw at them with gritted teeth and their heads held high.

It takes an enormous amount of courage and determination to compete in an individual challenge like cross country. Each Mawnan runner ran their absolute hardest to the bitter, muddy end. One of our Y5 boys fell and sustained a nasty injury, but even he didn't give up, getting back to his feet and giving it his all to cross the line.

Hearty congratulations to our finalists, who are amongst the best runners in the whole county. But at all stages of the competition, our runners showed how to live up to one of our core Mawnan values - perseverance. They all shone brightly, even though Monday's runners now need new PE t-shirts!



School Dinners

Chartwells are pleased to announce a new Spring/ Summer 2024 menu which can be viewed on Parent Pay.

This menu will start on Monday 15th April 2024.

To avoid disappointment and make sure your child gets the meal they have chosen, please ensure that all bookings are made and paid for via Parent Pay, by Midnight the night before the meal is required. If there is no money on the account and payment is not made, the system will automatically remove the booking from the system resulting in no lunch booking for your child.

Parent Pay is now allowing meal bookings for the new term.

This is a 3-week rolling menu consisting of a choice of 2 main meals a day plus a jacket potato and tomato pasta bake option and a choice of ham or cheese packed lunch.

This menu has been created by Chartwells dedicated team of Nutritionists to ensure it provides a healthy balanced meal, provides the correct nutrients for growing children and meets or exceeds the School Food Standards.

Children's Smartphone Usage

As a school, we are committed to the well-being and development of our students. We understand the challenges posed by the digital age and are dedicated to supporting our students in navigating these complexities. Our PSHE and Computing lessons play a significant role in teaching our students about responsible technology use. We hope that by equipping our children with the necessary skills and knowledge, we can empower them to navigate the digital world safely and responsibly.

With this in mind, I want to use this email to share some recent research that I have read that sheds light on the potential risks associated with the age at which children receive their first smartphones, and it is something we, as educators and parents, should be aware of.

Studies have shown a clear link between early smartphone use and potential mental health issues in young adulthood. Excessive use of smartphones can have a range of negative effects, including reduced self-esteem, disrupted learning, bullying, grooming, and addiction. It is essential for us to understand the impact that these devices can have on our children's overall well-being.

In light of this research, I came across an article by social psychologist Jonathan Haidt that I felt compelled to share. It was published in The Guardian last Sunday and delves into the profound impact of society's shift from a play-based childhood to a phone-based one. The article sheds light on the potential consequences of unrestricted smartphone use and provides valuable insights into this pressing issue.

You can find the article by following this link:

[Jonathan Haidt Article](#)

This research has sparked a national conversation about the appropriate age at which children should be given smartphones. Movements like [Smart Phone Free Childhood](#) are raising awareness about the potential impact these devices can have on children and teenagers. By staying informed and engaging in these discussions, we can make more informed decisions regarding our children's smartphone usage.

10 Top Tips for Parents and Educators Encouraging Open Conversations at Home

Children can often be guarded about their emotions or any difficulties they're experiencing 😬 This reticence can extend to chats with their parents.

It's incredibly important, of course, for young people to have someone to confide in when they're confused, upset or unsure of themselves – and to know that they can do so without fear of being judged or punished. This week, our #WakeUpWednesday guide explores how to encourage open and honest discussions with children, empowering them to open up if they need help.

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 ENCOURAGING OPEN CONVERSATIONS AT HOME

With tricky topics and occasional clashes of opinion, it can be challenging to maintain an environment where children feel able to talk candidly and honestly. However, encouraging such conversations helps to develop trust – making it easier to unpack even sensitive subjects as children get older. Here are our top tips for promoting open conversations at home.

- ### 1 CREATE A SAFE SPACE

Criticism, blaming or shaming can all prevent children from feeling emotionally safe – while showing affection, positive attention and an interest in what a child has to say builds their sense of security. These formative years are when children's opinions and values begin to take shape, so it's important to provide a non-judgmental environment in which to discuss them – especially if their opinions differ from your own.
- ### 2 CONSIDER OTHER OUTLETS

Some children may find it easier to talk while they're participating in another activity, such as drawing, writing, walking or sport. If it's possible, taking part in these activities together presents you with an opportunity to communicate while doing something side by side. A child may feel less pressure that way and can be more inclined to open up of their own accord.
- ### 3 NORMALISE CHATS ABOUT FEELINGS

Incorporate mental health and emotional wellbeing into everyday conversations, using age-appropriate language and examples to help children understand their emotions. Ask questions like "How are you feeling today?", "What was the best and worst part of your day?", "If you could start today again, what would you do differently?" and "Is there anything you want to talk about?"
- ### 4 LISTEN ACTIVELY

When children express themselves, make it obvious that you're listening closely and giving them your full attention. Maintain eye contact and validate their feelings without immediately trying to solve the problem. It's not helpful to dismiss their issues as childish or "teenage angst" – or to assume that they'll simply "get over" whatever they're feeling. Children don't have your life experience; their resilience is still developing as they learn to push through difficulties and handle problems.
- ### 5 ASK OPEN QUESTIONS

Encourage children to share their thoughts by asking open questions about their feelings and experiences. Closed questions (such as "Did you enjoy school today?") are more likely to elicit a simple "yes" or "no" response. Instead, you could ask things like "Who did you spend time with at break?" or "Who did you sit with at lunchtime?"
- ### 6 RESPECT THEIR BOUNDARIES

If a child isn't ready to talk to about something yet, respect their boundaries; this reinforces that their feelings are important and worthy of consideration. Ideally, you're aiming to let them know you care without smothering them, so just make it clear that you're there for them whenever they're ready to chat. Gentle, regular check-ins can sometimes be the best form of progress.
- ### 7 LEAD BY EXAMPLE

Model open, honest and healthy communication in front of children and young people. Try to demonstrate kindness when talking about others and yourself, because if children hear adults being overly harsh, critical or judgmental, or see them having unrealistic expectations of themselves, it makes them more likely to adopt and repeat this behaviour themselves as they grow.
- ### 8 HAVE REGULAR CHECK-INS

Check in with children periodically to discuss how they're feeling and what's going on in their lives. This could be a weekly or monthly conversation, where the child has an opportunity to share whatever's on their mind. For parents and carers, getting away from the house and other distractions might be productive here; you could consider regular trips to a coffee shop or a café, or just a weekly walk.
- ### 9 PROVIDE RESOURCES

It's often beneficial to let children know about other support that's available to them if they're struggling to talk to you specifically. Encourage them to talk to school counsellors, trusted adults or even a therapist, if necessary – while normalising this route and dispelling the harmful stigma around asking for help. Older children could engage with resources such as Kooth or YoungMinds.
- ### 10 CELEBRATE EMOTIONAL EXPRESSION

It's beneficial to praise children for expressing their feelings honestly – emphasising how important it is to talk about their emotions and how proud you are of them for doing so. This can be especially pivotal for boys, who often experience more of a stigma around talking frankly about their feelings and their mental health – a barrier that can be overcome, with enough love and support.

Meet Our Expert

With 30 years' experience as a teacher, trainer, consultant and interim executive board member, Anna Bateman has a superb understanding of what works in pedagogy, school improvement and leadership. She has also advised the Department for Education on their mental health green paper.

#WakeUpWednesday The National College

X @wake_up_weds f /www.thenationalcollege @wake.up.wednesday @wake.up.weds

Users of this guide do so at their own discretion. No liability is entered into. Current as of the date of release: 20.03.2024

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>

Mawnan Secret Postcard Event

SAVE THE DATE!

The Mawnan secret postcard project exhibition will be held in the beautiful gardens of Carwinion House. Original postcards have been donated from artists far and wide and will all be sold anonymously for the same price. Please join us for an amazing fundraising event for the school. Everybody welcome.

Please RSVP (free event):

<https://buytickets.at/mawnansecretpostcardproject/1190342>

There is still time to get your postcards in, tell your artist friends and spread the word!

Blank Postcards available in School Office.

MAWNAN SECRET POSTCARD PROJECT EXHIBITION



THE WALLED GARDEN,
CARWINION HOUSE, MAWNAN SMITH

THURSDAY 23RD MAY 2024

4.30 PM PREVIEW OPENS
6.00 PM SALES BEGIN

ALL POSTCARDS £10

BAR, FOOD, SCAVENGER HUNT

PLEASE RSVP (FREE ENTRY):
[HTTPS://BUYTICKETS.AT/MAWNANSECRETPOSTCARDPROJECT/1190342](https://buytickets.at/mawnansecretpostcardproject/1190342)

ENQUIRIES: POSTCARDPROJECT@MAWNANSCHOOL.COM

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 text. At the bottom, there are four stylized Easter eggs in white, blue, orange, and purple. The background is framed by a colorful, abstract pattern of blue, orange, and purple shapes.



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

The poster features a dark blue background with white text. At the bottom, there are four stylized Easter eggs in white, blue, orange, and purple. The background is framed by a colorful, abstract pattern of blue, orange, and purple shapes.