



The Pen

Parc Eglos News

Dear Parents/ Carers,

Well done to our FANTASTIC YEAR 6 PUPILS, who have completed a week of SATS tests. They worked incredibly hard, with focus, purpose, and determination. We are incredibly proud of every one of them. Well done, you more than deserved your celebratory picnic this afternoon.

Don't forget that MONDAY is BREAK THE RULES DAY - I wonder which rules your children would like to break - please see more information on Page 2.

Positive Noticing Week

We have been working with Paul Dix, author of *When the Adults Change* - to review our behaviour practises and policies. The next step in our developmental pathway is the sharing of Positive Noticing - we are kicking this off with a week of Positive Noticing next week. If you would like more information about this, please see this link.

<https://www.youtube.com/watch?v=9MwEqtJUQHE>

We will be sending home slips on Monday for you to share back with school highlighting positive things that you have noticed about your child across the week. These slips can be sent back on any day - but if they could all be back in by Friday, so that we can celebrate together the positiveness of Positive Noticing.

With thanks. Mrs Sanderson

Calendar

Additions in white

19.05.25 - Break the Rules Day
19.05.25 - Class Book Tasting
20.05.25 - Foundation Vision Screening
21.05.25 - 23.05.25 - Year 4 BF Adventure
2.6.25 - 4.6.25 - Year 6 Barton Hall
4.6.25 - 3.15pm Y5 Porthpean Trip Meeting
18.06.25 - Freedom of Helston Parade TBC
20.06.25 - Summer Fayre - see below
26.06.25 - KS2 Sports Day (Y3-6) 9.15 - 11.45am
26.06.25 - KS1 Sports Day (Y1 & 2) 1 - 3pm
27.06.25 - Foundation Sports Day 2.15 - 3pm
2.7.25 - 4.7.25 - Year 5 Porthpean Trip
7.7.25 - Year 5 CAST trip
11.07.25 - Nursery Sports Day 2pm
11.07.25 - PTA Sponsored Event **

* More information sent separately via email
** More information to follow

Team Points!

Davy

477

Trevithick

518

Kingsley

655

Trengrouse

523

BREAK THE RULES

DAY!



MONDAY
19TH MAY

Attention all Parc Eglos students!
The Friends of Parc Eglos Break the Rules Day is back! For one day only, you will be allowed to break any 5 of the following school rules. Each rule costs 50p to break.

#1

Wear non-uniform - no theme.
You could even wear your PJs!

#2

Come to school with crazy hair!

#3

Have painted nails.

#4

Wear temporary tattoos.

#5

Bring a toy! But make sure you don't lose it.

#6

Have squash or juice in your water bottle.

Please remember to break no more than 5.



The Pen

THE GOLDEN KEY AWARD

Proudly presented to

| | | | |
|--------------|-----------------------|-------------|-------------------|
| YR Poldhu | Oona and George | Y3 Crantock | Ella and Livvy |
| YR Gunwalloe | Hugh and Matilda | Y4 Coverack | Logan and Caitlyn |
| Y1 Rinsey | Reuben and Phillip | Y4 Gwithian | Jowan and Evelyn |
| Y1 Godrevy | Harper-Anne and Jowan | Y5 Sennen | Flavio and Alba |
| Y2 Maenporth | Mannie and Georgie | Y5 Zennor | Mila and Oliva |
| Y2 Swanpool | Will and Jude | Y6 Fistral | Whole Class * |
| Y3 Portreath | Luna and Maddison | Y6 Holywell | Whole Class * |

* Huge praise from Mrs Dyer and Ms Giddings to the Year 6 children in their classes for the maturity with which they have tackled the SATs this week. Well done!

Boomerang Booking links

| | Breakfast Club | After School Club |
|--------------------|---|---|
| W/C 2nd June 2025 | https://forms.gle/wXkUU4JYn5tsp2pa9 | https://forms.gle/FpkuZhsVmiZCVtAC7 |
| W/C 9th June 2025 | https://forms.gle/AvLGnUnaQukcp3kV6 | https://forms.gle/nT8fvxodPYD5tCYy5 |
| W/C 16th June 2025 | https://forms.gle/XCojq6rTmtGfMtFA9 | https://forms.gle/LPQGj9mtxuS4Tdbz7 |

Message from Cast

Our popular Saturday art club for young people is open to new members.

Age 11-16? Join us on Saturdays at CAST to work with artists, explore your creativity, learn new skills, and develop creative projects!

All sessions are free with materials provided and you don't need any previous experience to take part.

Our Saturday Art Club enjoys a variety of workshops and projects including printmaking, textiles, stone carving, darkroom photography, ceramics, sculpture, zine-making, badge-making, painting, drawing and more! Join us to make art, experiment with materials and relax in a welcoming studio space supported by professional artists <https://castcornwall.art/learning/programme/saturday-club/>
We have 2 Saturday Art Club groups. The morning group meets from 10.30-13.00 and the afternoon group from 14.00-16.30. Summer term sessions will take place on the following dates and then resume in the autumn term.



3rd, 10th and 17th May

7th, 14th and 21st June

HOW TO TAKE PART

We recommend registering as soon as possible to avoid disappointment.
To take part, or to find out more please contact Kate@castcornwall.art.



The Pen

Some reminders this week please....

Lost Property

We have a HUGE amount of lost property in school at the moment - most of which is not named. PLEASE name your child's uniform, as we have a hard-working team of Y5/6 children who are very willing to return lost property to its owners but cannot do this without names.

Healthy Snacks

At breaktimes, please can you ensure that your child has a healthy snack - preferably fruit. We are beginning to see children bringing in crisps and chocolate bars for snack which we would like to refrain from.

Water and Water Bottles

Please can you ensure that your child has a water bottle in school every day - especially as this lovely weather is set to continue. It is really important for our children to remain hydrated throughout the day

Homemade cakes and buns

Due to the high numbers of children in school with allergies, please do not send in homemade buns and cakes for birthday treats - I realise that this is often a real highlight of our children's birthdays in school, therefore if you would like to send in a treat - please could these be shop-bought so that we can be sure of the ingredients before handing treats out. Thank you.

Parking

Just a polite reminder to park considerately around school. Please do not park across our neighbours' driveways, or on the yellow lines at the school gates.

Nursery & Foundation Team

In the Starfish Room, the children have been practising writing the letters of their names in flour trays. They've been using Read, Write, Inc. phrases from their phonics sessions to help form each letter correctly. To strengthen their fine motor skills, the Starfish children have also been busy moulding bugs out of playdough and plasticine. These fun, tactile experiences support muscle development in their hands and fingers.

In the Tiddlers Room, the children have been exploring the story *Superworm* through a wonderfully messy and imaginative tuff spot activity. Using cooked spaghetti as their very own wiggly worms, they recreated scenes from the story. They also collected leaves and natural objects from outdoors to help bring the tale to life, encouraging storytelling, sensory exploration, and connection with nature.

It's been a fantastic week of learning through play!

Year 1/2 Team

In RE this half term, Year 2 have been asking the question 'What is the good news that Jesus is bringing?'

We took part in some role-play that demonstrated Jesus being a friend to the friendless - he chose Matthew the tax collector to be one of his disciples, despite Matthew not being liked by many. We have learnt that forgiveness is not only important for Christians, but for everyone as it heals your heart and gives you peace.

We have talked about the way in which we can find peace - going to the beach, reading a book, spending time with family.

This week, they have created a symbol of either peace, friendship or forgiveness. Some beautiful thoughts about



Year 3/4 Team

Year 3 have almost come to the end of their narrative writing unit based on the picture book 'The Secret of Black Rock'. They have produced some amazing sentences demonstrating fantastic use of vocabulary, punctuation and grammar which we have showcased on the class sentence stacking board. Next week the children will independently write an ending to the story using the writing skills taught. We can't wait to read their finished pieces.



Year 5/6 Team

As we are all very aware, it has been SATs week in Year 6.

We just wanted to say how very proud we are of the children and their positive attitude towards these each day. Whatever the results, we know everyone tried their very best. Thank you, parents, for supporting your child with their revision and homework - you can relax for a while now!

We would also like to take this opportunity to thank all the support staff who have helped this week, either with the papers themselves or during our breakfast; special thanks to the kitchen staff for providing our much-enjoyed food.

Alongside SATs, our focus this week has been on Art - creating a painting inspired by B.Twomey, developing our use of layering techniques and mixed media.



Please see below a couple of events which may be of interest service families.

The first one is for families of deployed personnel and the second is for all serving families to attend.

**Family Fun Day for the families of Deployed Personnel on 30th May,
9am - 1pm at Culdrose Sports Pavilion.**

Please see the attached poster for more information.

(Whilst this event is primarily for families whose have a family member deployed on Op Highmast, it is open to all local families who have family deployed worldwide).

Also -

**Naval Families Roadshow - Wednesday
11th June 4pm - 6pm at the Culdrose
Community Centre, Hibernia Road,
Helston TR13 8DJ**

Naval Service Families are invited to join us in a friendly welcoming space to connect, learn and be heard. We are here to support you, answer any questions and share valuable insights you might not know. Whether you are looking for information on what is in place to support you and your Serving Person, need advice or simply a listening ear, this is for you!

For more information and to attend please see the attached poster or visit the Royal Navy Forum at <https://forum.royalnavy.mod.uk/>





Sports at Parc Eglos

Sporting News....

We had another fantastic turn out for Parc Eglos on Tuesday evening as over 20 runners from our school competed in Race 6 of the Cross-Country season at Helston South site. Again, it was so great to see so many of our younger children take part in the Reception, Year 1 and Year 2 race. Kiara and Henry from Year 2 came in first and second again- well done! Everyone did our school proud.

In the Year 3/ 4 and 5/6 girls and boys races we had some fantastic placings with every one of our runners coming in the top 8. Hugo and Mylo came 1st in their races and ran fantastically. Evelyn placed 2nd and Albie 3rd in their races and ran superbly. That event marks the end of our Cross Country season with only the Fun Run at Mullion School to take place in June.



Gymnastics

Kiara in year 2 recently entered two rounds for gymnastics taking home several medals and has managed to score enough points in the competition to secure a place in the finals next month. Well done Kiara and good luck for the finals!

Football News

Some of our Year 6 boys played on home park this weekend. They reached the Quarterfinals, narrowly losing out on penalties. Well done Finnley, George, Milo, Jack and Joseph!





The Pen

WEEKLY REMINDERS

Letters

Please click the image below for a list of recent communications, or alternatively ring the school office to speak to a member of the team.

Letters

Online Safety

Please click the image below for advice on keeping your children safe online and on their mobile phones. If you would like any further guidance, please contact the office to make an appointment with a member of staff.

Online Safety

RWI Phonics

Please click the image below for our dedicated "Phonics practice at home" page, which has now moved to our website!

Read Write Inc.
Phonics



Attendance Reminder

Holidays in term time



As a reminder to parents,

If you book a holiday in term time which is 5 days or more, and is not approved as an exceptional circumstance, our policy - in line with DFE guidance, is to refer this to the local authority for a fine to be issued. Please also be aware that schools need to consider fining if a child **has 10 unauthorised sessions in a rolling 10 week period**. Please do contact me if you have any further questions regarding this.

Many thanks, Mrs Sanderson

Success Awards

For pupils who have shown exceptional 'in the moment' achievements, we are now sending home postcards called

'The Success Awards'

These might be academic achievements or showing our Ready, Respectful and Safe school rules.

We are also asking any local businesses to sponsor some of these cards by providing unused 2nd class stamps. Any donated stamps will send postcards with your logo (your business will even get a special mention on The Pen!). Please contact the office if you can help!

THE SUCCESS
AWARD



Charity Haircut



Well done to Maisie in Year 3 who recently had her hair cut for charity. She had 38cms of hair cut off on 3rd May and raised a whopping £780 for charity! Everyone here at Parc Eglos is very proud of Maisie.

FRIENDS OF
pe

**Summer
FAYRE**

FRIDAY 20TH JUNE

3.15pm - 5.30pm

Top raffle prize of
£100
to be won!

Food & Refreshments
Games & Activities
Market stalls
Raffle & Tombola
(amazing prizes to be won!)
And more!!



Volunteers needed!

If you can spare an hour to help, please let us know. We can't run these events without our amazing volunteers!

parceglosfriends@gmail.com

PJ Party and Bingo Tickets

Tickets will go on sale
from Monday 2nd June -
from the school office -
cash only please

PTA Easyfundraising

So far parents have raised £440 for the Friends of Parc Eglos through Easyfundraising by earning donations from over 8000 different retailers when shopping online. We currently have 78 supporters registered, if we get another 10 new sign ups before 23rd May we will be given a £15 bonus so please do register if you haven't already! Thank you!

[https://
www.easyfundraising.org.
uk/cause/friends-of-parc-
eglos/](https://www.easyfundraising.org.uk/cause/friends-of-parc-eglos/)

Friends of Parc Eglos

**PYJAMA PARTY
& PARENTS BINGO**

PJ Ticket
£2.50
INCLUDES REFRESHMENTS
FOR KIDS

FRIDAY 27TH JUNE

4.30 - 6.30PM IN THE HALL

PLEASE PRE-BOOK FOR BINGO - £2.50 PER PERSON

50P FOR A DABBER OR BYO
THERE WILL ALSO BE A CAKE SALE!!

What Parents & Educators Need to Know about ENERGY DRINKS

WHAT ARE THE RISKS?

Energy drinks are highly caffeinated beverages often consumed for a quick energy boost. However, excessive intake can lead to health risks like increased heart rate and sleep disturbances. Statistics underline these products' popularity among young people – many of whom consume them regularly. Here's our expert's advice on addressing the concerns surrounding energy drink consumption in adolescents.

HIGH CAFFEINE CONTENT

Most energy drinks contain high levels of caffeine: often much more than a typical cup of coffee or fizzy drink. Excessive caffeine consumption can lead to increased heart rate, high blood pressure, anxiety, insomnia, digestive issues and – in extreme cases – even more severe conditions. For children and adolescents, whose bodies are still developing, excessive caffeine intake can be particularly harmful.

INCREASED RISK OF HEART PROBLEMS

The combination of high caffeine levels and the other stimulants found in energy drinks can put extra strain on the cardiovascular system. Potentially, this could lead to irregular heart rhythms, palpitations and increased future risk of heart attack – especially in individuals who have an underlying heart condition.

IMPACT ON MENTAL HEALTH

The significant levels of caffeine and sugar in energy drinks can exacerbate anxiety, nervousness and even – in susceptible individuals – contribute to panic attacks. Additionally, the crash that often follows the initial energy boost can actually make mood swings worse and possibly lead to feelings of depression and irritability.

DISRUPTED SLEEP PATTERNS

Consuming energy drinks, especially during the afternoon or evening, can disrupt normal sleep patterns. The stimulating effects of caffeine can make it difficult for children and young adults to fall asleep – leading to insufficient rest and its associated health risks, including impaired cognitive function, mood disturbances and decreased academic performance.

LINKS TO SUBSTANCE ABUSE

Some research has suggested a correlation between energy drink consumption and higher rates of alcohol and drug use among young adults. Young people may mix energy drinks with alcohol, mistakenly believing that the energy drinks' stimulant effects will counteract the sedative nature of alcohol. This combination, however, can be dangerous and increase the risk of accidents, injuries and alcohol poisoning.

POTENTIAL FOR DEPENDENCY

Frequent consumption of energy drinks can lead to tolerance – meaning that individuals may need to consume increasing amounts to continue achieving the desired effects. This can potentially lead to dependency and addiction, especially in younger individuals who may be more vulnerable to addictive behaviours.

Advice for Parents & Educators

LIMIT CONSUMPTION

It's wise to educate young people about the potential risks related to energy drinks, emphasising the consequences of excessive caffeine consumption. Encourage healthier alternatives like water, herbal teas or natural fruit juices. You can model healthy behaviours by restricting your own consumption of energy drinks and creating a supportive environment for informed choices.

PROMOTE HEALTHIER HABITS

Schools can help with this issue by including discussions about the possible dangers of energy drink consumption into their health education curriculum. Encourage children and young adults to critically evaluate the marketing messages they see and make informed choices about their health. Teachers could also provide resources and support for children to identify healthier alternatives.

ADVOCATE FOR REGULATION

If this is something you're particularly passionate about, you could work with local health organisations and policymakers to advocate for regulations on energy drink sales to children and young people. Raise awareness among parents, educators and community members about the potential health risks associated with energy drinks and support initiatives promoting healthier options in schools and communities.

SET A POSITIVE EXAMPLE

Adults can model healthy behaviours by visibly choosing alternative beverages instead of energy drinks. Maintain open communication with children and young adults about the reasons for limiting energy drink consumption – underlining the importance of balanced nutrition, adequate hydration and sufficient sleep for overall wellbeing and academic success.

Meet Our Expert

Dr Jason O'Rourke, Headteacher of Washingborough Academy, champions food education and sustainability – and his school holds the Soil Association's prestigious Gold Catering Mark. Jason has spoken about food education at Westminster briefings and overseas. A member of the All-Party Parliamentary Group on School Food, he co-founded Tasted, a sensory food education charity.



The National College

Source: See full reference list on guide page at nationalcollege.com/guides/energy-drinks