



# The Pen

## Parc Eglos News

Dear Parents/ Carers,  
Wow! What a speedy half term this has been - full of lots of learning and enjoyable activities.

**Nursery** - held a parent/child Reading Workshop - where beautiful books were shared and enjoyed.

**Reception** - have been learning in the outdoors - through Woodland Learning. Our children are also becoming confident readers, and engaged writers.

**Year 1** - Completed a fun, Fundamental PE Skills afternoon with Helen Ayotte.

**Year 2** - Spent a lovely afternoon in the park completing observational drawings.

**Year 3** - Have been studying and completing art in the style of Quentin Blake.

**Year 4** - Have returned today from their residential and BF Adventure- where we enjoyed zip-wires, cliff-climbs and canoeing (and all children got some sleep!).

**Year 5** - Attended 'The Green Adventure' at The Eden Project!

**Year 6** - Investigated Helston Museum in preparation for their mapping skills of Helston town.

Our athletes have completed the 6<sup>th</sup> Cross Country Event, and let's not forget our fabulous Year 3 and 4 football county champions!

HMS Heroes celebrated Pizza with Pals and Fun-time in the Park.

Whilst our wonderful PTA hosted a very successful Break the Rules Day and supported the first of our Book Tasting events.

Not to mention, the brilliant dancing of our Y2-Y6 pupils at Flora Day.

All in all, it has been a busy enjoyable 5 weeks. Roll-on the second half of the summer term.

Have a super half term break - I hope you get to spend time with those you love,  
Best wishes, Mrs Sanderson

### Calendar

#### Additions in white

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  
19.06.25 - Year 5 Culdrose Gun Run  
20.06.25 - Summer Fayre \*\*  
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 \*\*  
17.07.25 - Nursery Graduation 10.30 - 12pm

\* More information sent separately via email

\*\* More information to follow

### Rock Hero

Congratulations go to Layla T in Year 5 for becoming the school's first Rock Hero! Well done Layla! Let's see who will be next....



### Team Points!

**Davy**

507

**Trevithick**

479

**Kingsley**

450

**Trengrouse**

495

## THE GOLDEN KEY AWARD

Proudly presented to

<b>YR Poldhu</b>	Xenia and Arlen	<b>Y3 Crantock</b>	Ethan C and Louis
<b>YR Gunwalloe</b>	Albert and Ava	<b>Y4 Coverack</b>	Whole class for an amazing time at BF!
<b>Y1 Rinsey</b>	Lewis and Eloise	<b>Y4 Gwithian</b>	Whole class for an amazing time at BF!
<b>Y1 Godrevy</b>	Bobby S and Suzie	<b>Y5 Sennen</b>	Isaac P and Grace S
<b>Y2 Maenporth</b>	Luca, Max and Sydney	<b>Y5 Zennor</b>	Freddie and Leo
<b>Y2 Swanpool</b>	Coby and Arran	<b>Y6 Fistral</b>	Finnley and Amelia
<b>Y3 Portreath</b>	Ethan and Bowan	<b>Y6 Holywell</b>	Thomas C, Zoe and Rio

### Boomerang Booking links

	Breakfast Club	After School Club
W/C 9th June 2025	<a href="https://forms.gle/AvLGnUnaQukcp3kV6">https://forms.gle/AvLGnUnaQukcp3kV6</a>	<a href="https://forms.gle/nT8fvxodPYD5tCYy5">https://forms.gle/nT8fvxodPYD5tCYy5</a>
W/C 16th June 2025	<a href="https://forms.gle/XCojq6rTmtGfMtFA9">https://forms.gle/XCojq6rTmtGfMtFA9</a>	<a href="https://forms.gle/LPQGj9mtxuS4Tdbz7">https://forms.gle/LPQGj9mtxuS4Tdbz7</a>
W/C 23rd June 2025	<a href="https://forms.gle/f2DDkd42F2fjREbp6">https://forms.gle/f2DDkd42F2fjREbp6</a>	<a href="https://forms.gle/usvMQ5NF8vjKxMCR7">https://forms.gle/usvMQ5NF8vjKxMCR7</a>

Abel, Amaya, Maisie, Elsie and Arlo joined recorder group in year 2 and have been practicing hard ever since. After performing at the music festival in Camborne on November on descants, they started learning the treble, tenor and bass recorders and have been playing ensemble music together. They have recently taken and passed their silver medal awards!



### Positive Noticing

What a fabulous way to finish this half term - with a week of Positive Noticing. The children all spent some time in assembly thinking about their friends and peers and wrote a positive noticing sticker to highlight positive achievements, work, thoughts and deeds this week. All staff have thoroughly enjoyed building on our positive relationships with our children, through celebrating and noticing. Thank you to our parents who were able to send back the Positive Postcards - sharing things you have noticed about your children at home. It's not too late to send these back, if over the holidays you notice some great things about your children - these do not have to be HUGE - perhaps they made their bed without being prompted, or helped with the dishes, walked the dog, or fed the rabbits. We are keen to hear their positive news and to share these with the school.

## Nursery & Foundation Team

Foundation have enjoyed a super week, filled with lots of learning and fun. The children have enjoyed using their imagination to create their own games, pieces of art and stories. We have also spent time outside learning about different features in our environment. We have looked closely at the pond, noticing plants and animals that live there. We have explored the woodlands and drawn maps, showing the routes that we took. We have looked at maps of the United Kingdom to find places we have visited and the place we live. We have had great fun looking at Google maps!



## Year 1/2 Team

### Year 1 Science: Plant Detectives!

This term, our young scientists explored what plants need to grow! Through hands-on experiments with seeds, soil, water, and sunlight, they discovered the key ingredients for healthy plants.

They also learned to categorise plants into groups—grass, tree, shrub, flower, vegetable, and fruit! Their curiosity and teamwork have been fantastic. Well done, Year 1!



## Year 3/4 Team

Year 4 have been having a wonderful time on their residential at BF Adventure. We have done canoeing, rock climbing, zip wire, low ropes and the adventure quarry challenge. We have had fantastic weather, and everyone has loved being here trying new and exciting experiences!



## Year 5/6 Team

### Year 5 Athletics Afternoon

Year 5 students had an exciting afternoon filled with athletics skills, putting their running and jumping abilities to the test! The children embraced the challenges with enthusiasm, showing great energy and determination as they worked on improving their technique and fitness.

A huge thank you to Tom Studd for leading the first of two fantastic sessions. His guidance and encouragement helped the students build confidence and refine their skills, making the afternoon both fun and rewarding.

We look forward to the next session, where the children will continue developing their athletic abilities! Keep up the great work, Year 5!





# Sports at Parc Eglos



## After School Clubs - June/July

After school clubs with Jo Simms will be continuing after half term

Please see details below:

Mondays 3.15-4.15pm: Cheer Dance Year 3 & 4 - £24 - 6 weeks (2<sup>nd</sup>, 9<sup>th</sup>, 16<sup>th</sup>, 23<sup>rd</sup>, 30<sup>th</sup> June, 7<sup>th</sup> July)

Tuesdays 3.15-4.15pm: Cheer Dance Year 1 & 2 - £20 - 5 weeks (3<sup>rd</sup>, 10<sup>th</sup>, 17<sup>th</sup>, 24<sup>th</sup> June, 8<sup>th</sup> July) No club 1<sup>st</sup> July

Wednesdays 3.15-4.15pm: Cheer Dance Year 3, 4 & 5 - £20 - 5 weeks (4<sup>th</sup>, 11<sup>th</sup>, 18<sup>th</sup>, 25<sup>th</sup> June, 9<sup>th</sup> July) No club 2<sup>nd</sup> July

Thursdays 3.15-4.15pm: Cheer Dance Year 1 & 2 - £20 - 5 weeks (5<sup>th</sup>, 12<sup>th</sup>, 19<sup>th</sup> June, 3<sup>rd</sup>, 10<sup>th</sup> July) no club on sports day 26<sup>th</sup> June

If you would like to book a place, please contact Jo Simms by email

jo@oceanacademyofdance.co.uk by **22<sup>nd</sup> May**.

There are only 12 spaces available, once your space is confirmed Jo will send you payment details to book in.

A waiting list will be started for anyone unsuccessful this time.



**ARGYLE COMMUNITY TRUST**  
Home Park, Plymouth, PL2 3DQ

## Plymouth Argyle Afterschool Clubs

Tuesday - KS2 Football

Wednesday - KS1 and Foundation Multi Sports

Friday - KS1 (No Foundation) Football Club

Letters have been emailed out to the relevant year groups with information on how to book, they are also on the website.



# 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



FRIENDS OF

# the 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

## Charity Haircut

Nola in year 1 has been growing her hair in preparation to have it cut for the Little Princess Trust. If anyone is able to support this fantastic act of kindness by making a donation to this worthy charity, please click the link below:

[https://  
www.justgiving.com/  
page/robyn-baker-  
leonard-1?  
utm\\_medium=FR&utm\\_so  
urce=CL&utm\\_campaign=  
015](https://www.justgiving.com/page/robyn-baker-leonard-1?utm_medium=FR&utm_source=CL&utm_campaign=015)



## Royal Academy - Young Artist

Elliot in Year 5 submitted this fantastic painting to the Royal Academy - Young Artist Summer Show and was successful out of 23,000 submissions!! Elliot got through to the online exhibition, then confirmed his brilliant submission and is now waiting for more news. Watch this space!



Well done to Macie in year 2 who recently competed at the Devon County Show, she did very well with riding especially on such a hot day. Macie placed 3rd in the lead rein after her pony had a wobbly start, but did a perfect show for the judge during the individual routine. Well done!



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

SOP 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.



Source: See full reference list on guide page at [nationalcollege.com/guides/energy-drinks](https://nationalcollege.com/guides/energy-drinks)

CORNWALL CRICKET PRESENTS

# CORNWALL VS SOMERSET

50 OVER SHOWCASE GAME



## AUG 4

WADEBRIDGE CRICKET CLUB  
DOORS OPEN 9AM | 11AM START

Adults **£10**

Under 18 **£5**



Scan the QR Code or visit  
<https://booking.ecb.co.uk/WyOlko>

Parking available at the rugby club for  
£5 per car payable on the day when  
you park. Other parking available at  
car parks in the town.

