



The Pen

Parc Eglos News

Dear Parents/ Carers,

What a fantastic week to be the head of Parc Eglos School! I was so incredibly proud of our children who danced at this week's Flora Day celebrations. They have practised hard throughout the build-up to Flora Day and did us proud on the day. Well Done children, you represented our school beautifully.

County Champions

Huge congratulations to our Year 3 and 4 football team, who won the Year 3 and 4 Cornwall Schools FA Championships and are now the County Champions. Excellent sportsmanship and gameplay were in action on Wednesday. Well done to:

Ethan P
Elliott W-T
Oscar W-T
Bowen R
Arlo C (Captain)
Hugo S
Daisy E
Ruben S
Jayden J
Noah M

Water Bottles, Sun Hats and Sun Cream

As the weather is turning warmer, please do remember to apply suncream to your child **before school**, this can be reapplied by them at lunchtime if you choose to send in a named bottle. Please also send your child to school with a named water bottle and sun hat.

Calendar

Additions in white

13.05.25 - Cross Country Race 6 **
16.05.25 - Y5 HCC Roadshow Presentation
19.05.25 - Break the Rules Day **
19.05.25 - Class Book Tasting - see page 2
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 **
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
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

960

Trevithick

854

Kingsley

768

Trengrouse

993

THE GOLDEN KEY AWARD

Proudly presented to

YR Poldhu	Arthur and Shelby	Y3 Crantock	Flora Day Dancers!
YR Gunwalloe	Jakob and Kingsley	Y4 Coverack	Flora Day Dancers!
Y1 Rinsey	Noah F and Willow	Y4 Gwithian	Flora Day Dancers!
Y1 Godrevy	Nola and Ella	Y5 Sennen	Flora Day Dancers!
Y2 Maenporth	Flora Day Dancers!	Y5 Zennor	Flora Day Dancers!
Y2 Swanpool	Flora Day Dancers!	Y6 Fistral	Flora Day Dancers!
Y3 Portreath	Flora Day Dancers!	Y6 Holywell	Flora Day Dancers!

Boomerang Booking links

	Breakfast Club	After School Club
W/C 19th May 2025	https://forms.gle/RLtGyegj7CMR7Epu9	https://forms.gle/SdsDfNRE7TnRm4Lu8
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



Cancer Research

Aubrey in Year 2 will be running Pretty Muddy Kids for Cancer Research on 10th May to support her Nana who was sadly diagnosed with breast cancer last year. If anyone is able to make a donation to support this wonderful charity please click the link below: So far Aubrey has raised £165!

Absolutely fantastic.

The link is:

[https://
fundraise.cancerresearchuk.org/
page/aubreys-race-for-life-
203983123216](https://fundraise.cancerresearchuk.org/page/aubreys-race-for-life-203983123216)

Nursery & Foundation Team

This week in Foundation, we've been finding out about the tradition of Flora Day, how it is celebrated and why it is such a special day in Helston. The children have been excitedly sharing their own experiences and knowledge of the celebration. They've also been watching the older children rehearse for the Children's Dance—and even trying it out for themselves, with the music.

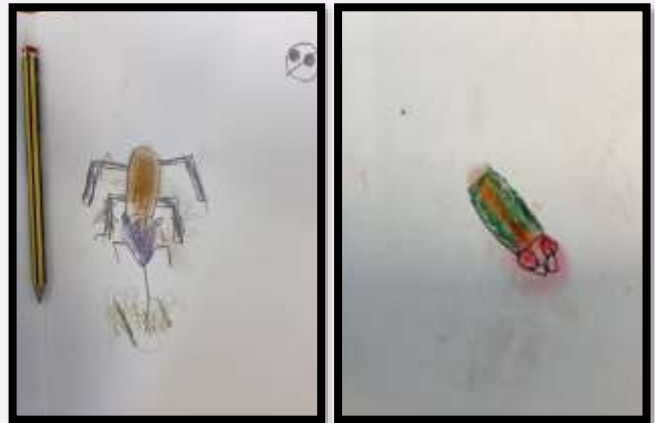
Mrs. Laity, who has danced many times over the years—including having the honour of leading the Midday Dance—brought in a collection of photographs capturing memories from past Flora Days. She also shared some of her beautiful hats and dresses, giving the children the chance to step into the tradition firsthand.

The children examined both old and recent photographs, comparing what has remained the same and what has changed over time. They also discussed how they could tell which photographs were older and which were newer. In addition to dancing, the children have been learning about the Hal-an-Tow and listening to the Flora Dance, performed by the Helston Town Band.

Thank you to Mrs Laity.

Year 1/2 Team

Our Year 1 children have been buzzing with creativity as they explore the fascinating world of insects! Using pastels and chalks, the children have been drawing detailed and colourful insect illustrations in their sketchbooks. It's been wonderful to see their observational skills and artistic confidence grow as they experiment with different textures and techniques. Well done, Year 1!



Year 3/4 Team

Coverack class have been exploring changes within their local area including our school and how and why these changes happened. They discovered that changes occurred due to natural or man-made events and enjoyed embarking on a discovery of how Helston became the town it is today. Whilst Coverack have been busy completing their local study, Gwithian class have been accessing their swimming lessons at the local pool. Within a short time of just three weeks, it has been rewarding to see their confidence in the water flourish and clear progress in their swimming ability.

Year 5/6 Team

Year 5 have had a busy and creative fortnight! In Computing, they have thoroughly enjoyed learning about animation and using 'Stop Motion Studio' on iPads to bring their own stories to life. In English, pupils have worked hard researching and writing biographies about individuals of their own choosing, showcasing both independence and curiosity. Whilst History lessons have sparked some lively debate as the children explored the story of the Trojan Horse—ask them whether they think it's a myth, legend, or fact! And of course, a huge well done to all of our wonderful dancers who took part in Flora Day this week; you made us all proud.





RN FPS are putting on some Deployment Support Community Drop-ins.

This will be an opportunity for families to meet other families who have a serving person deployed. Information will be available, plus time to connect with others, whilst children enjoy an activity. Refreshments will be available, on the 28th May we are having Hot Dogs!

All dates will be on the calendar and bookings are to be made through the [Royal Navy Forum](#) - on Deployment, CSG25 and the Members activity and Events Calendar.

Here are the dates and of the activity along with the closing dates.

Wednesday May 28 booking closes on 22 May

Wednesday June booking closes on 18 June

Wednesday July 23 booking closes 16 July

Wednesday Aug 27 booking closes 20 Aug

Wednesday Sept 24 booking closes 17 Sept

Wednesday Oct 22 booking closes 15 Oct

Wednesday Nov 26 booking closes 19 Oct



Sports at Parc Eglos

Sporting News.....

On Tuesday evening over 20 runners from our school competed in Race 5 of the Cross Country season at Helston North site. 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 - 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 5. In the Year 5/6 boys Hugo came in first place. In the Year 3/ 4 girls Evelyn came 2nd and Mia 3rd whilst Milo came 2nd in the Year 3/4 boys. Well done to everyone for showing such a commitment to the cross country. Next Tuesday is Race 6 at Helston South site. It would be great to see lots of children from our school there.

County Champions!

On Wednesday afternoon our Year 3/ 4 Stripes (Purple) Team took part in the County Finals at Charlestown Youth FC. They played 5 matches in total and won 4 and drew one. In total 13 goals were scored and only 2 conceded.

Well done to every single one of you who represented our school with pride and determination. A special thanks to the parent volunteers who coach the team and Mrs Ralph for attending with the team. What a season!!





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



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.

TRY TENNIS FOR FREE

Hayle Tennis Club Open Day

SATURDAY 17TH MAY FROM 9AM

FREE ENTRY

OPEN FOR ALL AGES



Coaching



Membership Offers



Try Pickleball

On the day

9AM-10AM 5-8 YEAR OLDS COACHING
10AM-11AM 9-12 YEAR OLDS COACHING
11AM-12PM 13-16 YEAR OLDS COACHING
11AM-12PM PICKLEBALL (ALL AGES)
12-1PM ADULT TENNIS



VISIT [CSPARK.AT/HAYLELTC/OPENDAY](https://cspark.at/hayleltc/openday) OR
SCAN THE CODE FOR MORE INFO

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.



#WakeUp
Wednesday®

The
National
College®