



# The Pen

## Parc Eglos News

Dear Parents/ Carers,  
Usually in the summer term, I write about remembering water bottle and sun cream - this week sees me writing about remembering coats! Let's hope this weather changes before too long, in the meantime please can you send a lightweight jacket into school - as we do try to get outside as much as possible.

### Communication

As you know, we have moved to a new data management system - Arbor. From this week, we will be using the Arbor app to send all communications to parents, please ensure that you have downloaded the app from Apple or Android app stores. The app will contain a link to our website which will hold all letters, newsletter and communications - if you have missed some information, you will now be able to find it on our website. The app also allows you to respond to messages rather than needing to phone or email - however, if you would prefer to call/email us, of course these communication methods are still open to you.

### Phonics Screening Check Success

We are delighted to let you know that our Year 1 children have worked incredibly hard this week to complete their Phonics Screening Checks. The national pass rate for these checks stands at 80%, this year Parc Eglos children achieved a 98% pass rate - incredible! Well done children, and thank you to all our brilliant phonics teachers, ably led by Mrs Ward, who have brought in the new Read Write Inc system with such success.

Best Wishes, Mrs Sanderson

## Team Points!

**Davy**

359

**Trevithick**

416

**Kingsley**

329

**Trengrouse**

332

## Calendar

### Additions in white

16.06.25 - Y6 Fistral to Helston Museum  
18.06.25 - Freedom of Helston Parade TBC  
19.06.25 - Year 5 Culdrose Gun Run  
20.06.25 - Summer Fayre - non uniform - donations for tombola F-Y2 Sweets Y3-6 Bottle  
20.06.25 - Year 5 Police Visitor Talk  
20.06.25 - Y6 Holywell to Helston Museum  
23.06.25 - Coverack museum visit  
24.06.25 - Gwithian museum visit  
24.06.25 - Y2 Trip CAST at Penrose  
25.06.25 - Maths Olympiad at Nexus  
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 - PJ Party and Bingo Night £2.50  
27.06.25 - Foundation Sports Day 2.15 - 3pm  
2.7.25 - 4.7.25 - Year 5 Porthpean Trip  
04.07.25 - Year 3 Penrose Trip  
7.7.25 - Year 5 CAST trip  
11.07.25 - Nursery Sports Day 2pm  
11.07.25 - PTA Sponsored Event \*\*  
15.07.25 - Year 6 Performances 1.30pm & 6pm\*\*  
16.07.25 - Year 6 Performance 6pm\*\*  
17.07.25 - Nursery Graduation 10.30 - 12pm  
18.07.25 - Year 6 Leavers Disco \*\*

\* More information sent separately via email

\*\* More information to follow

### Toys from Home

Please can we ask that children do not bring any toys/games from home, unless invited to do so by their class teacher. Many thanks.



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## THE GOLDEN KEY AWARD

Proudly presented to

YR Poldhu	Abigail and Clara	Y3 Crantock	Harley and Olivia A
YR Gunwalloe	Zephraim and Harry A	Y4 Coverack	Whole Class
Y1 Rinsey	Whole Class	Y4 Gwithian	Whole Class
Y1 Godrevy	Whole Class	Y5 Sennen	Ben and Millie H
Y2 Maenporth	Kiara and Nico	Y5 Zennor	Mil and Lillian
Y2 Swanpool	Freddie and Jacob	Y6 Fistral	Erin and Sienna
Y3 Portreath	Cody and Alfie	Y6 Holywell	To be announced on Monday

### Boomerang Booking links

	Breakfast Club	After School Club
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>
W/C 30th June 2025	<a href="https://forms.gle/EbHfd9WNUuAP17rM7">https://forms.gle/EbHfd9WNUuAP17rM7</a>	<a href="https://forms.gle/7S3T5qngg67e1wvm6">https://forms.gle/7S3T5qngg67e1wvm6</a>
W/C 7th July 2025	<a href="https://forms.gle/a5yYGoWLkvaKtC8z5">https://forms.gle/a5yYGoWLkvaKtC8z5</a>	<a href="https://forms.gle/J6569QjFvhnTsnJu8">https://forms.gle/J6569QjFvhnTsnJu8</a>

**MENTAL HEALTH SUPPORT TEAM - MHST**  
NHS Cornwall Partnership with Paediatric Trust

Parents and Carers please join us at our 1hr online Worry Workshop

Monday 8 September - 9:30am & 1pm  
Tuesday 9 September - 10am & 4pm  
Wednesday 10 September - 9:30am & 1pm  
Thursday 11 September - 11am & 4pm

This workshop aims to provide psychoeducation on "What is worry?" and "Why does my child worry?" Also includes practical strategies for helping children manage their worries.

To book a place please complete the online form  
<https://forms.office.com/e/hkyaFeuY1Z> or scan the QR code

This workshop is open to parents/carers of school aged children enrolled in Reception to Year 7 in any school in Cornwall

**MENTAL HEALTH SUPPORT TEAM - MHST**  
NHS Cornwall Partnership with Paediatric Trust

Parents and Carers please join us at our 1hr online Sleep Workshop

Monday 29 September - 11am & 4pm  
Tuesday 30 September - 9:30am & 1pm  
Wednesday 1 October - 9:30am & 1pm  
Thursday 2 October - 10am & 4pm

This workshop aims to provide psychoeducation on sleep hygiene and sleep routines. Also includes practical strategies for helping children

To book a place please complete the online form  
<https://forms.office.com/e/6cJiu8PArV> or scan the QR code

This workshop is open to parents/carers of school aged children enrolled in Reception to Year 7 in any school in Cornwall

## Nursery & Foundation Team

Gunwalloe and Poldhu classes have thoroughly enjoyed Sustainability Week. We have been thinking about our big question- Why do we need trees? The children have explored the ways people and animals use trees.

We have spent time in our woodland, enjoying the beauty of trees and leaves, noticing that they come in a variety of colours, shapes, and sizes. We saw signs of animals that live in our woodland, using trees for food and shelter.

The children came up with lots of ways that trees are used by humans, including to make paper and furniture and to provide us with food. We also spoke about trees helping to clean the air and giving us oxygen to breathe.

We have shared some wonderful books which have helped us learn all about trees. We know we must take good care of our environment to protect the plants and animals that live there.



## Year 1/2 Team

### Year 1 Phonics Screening Success

The Year 1 team are incredibly proud of each and every child who took part in their phonics screening check this week. The children have worked exceptionally hard throughout the year, showing great determination and enthusiasm in developing their phonics skills. They applied all their knowledge brilliantly during the check — Year 1, you were absolutely fabulous!

We would also like to extend a heartfelt thank you to all our parents and carers for the continued support you provide at home. Your encouragement and hard work at home makes a real difference and is truly appreciated.

## Year 3/4 Team

This week, Year 4 have been completing their multiplication times tables check. The children have worked incessantly throughout the year to learn the 64 facts they needed to succeed. Mrs Curnow and I would like to thank the children for their determination and commitment during our daily fluency sessions and times table lessons to get us to where we are today. We couldn't be prouder of them and look forward to receiving the results in a few weeks.

Please join us in congratulating your children on their success and hard work!



## Year 5/6 Team

Congratulations to our Year 5 squads for taking part in the Quad Kids event at Carn Brea this afternoon! The teams showed fantastic effort, enthusiasm, and sporting attitudes throughout the afternoon. We're proud of your great attitude and determination—well done!





### **Freedom of Helston Parade**

Dear Year 6 families, HMS Heroes, Parents and Carers,

On Wednesday 18<sup>th</sup> June 2025, Helston will be celebrating its annual Freedom Parade. This is the day the town shows its support for our service community and RNAS Culdrose. This year, our Year 6 children will be representing the school and we are opening the opportunity to any service children who are able to attend with their families.

#### **Year 6 children**

The Year 6's will be walking the short distance from school to join with other schools to line the route on Coinage Hall Street. We will be leaving school at approximately 9.20am and will return to school in time for lunch. Permission to attend is covered by your child's annual consent, however if you would not like your child to attend the event please speak to your class teacher or ring the school office.

#### **HMS Heroes children and families**

If you are a service family and would like to bring your child to the event, please click this link to confirm:

<https://forms.gle/nrymHiBwCa6BC7PK6>

Please complete one form per child. We kindly request that you collect your child from school at 9.20am to attend the event.

Any questions, please do not hesitate to contact us.

Yours sincerely

Vicky Sanderson



# Sports at Parc Eglos

## Sporting News...

Two teams of Year 5 children went to Carn Brea on Friday afternoon to take part in the Quad Kids Athletics event. They all had a fantastic time and enjoyed themselves so much. For many of them it was their first time running on the athletics track. The children all competed in a 75m sprint, 600m run, vortex throw and standing long jump. They competed against children in schools from all over the west of Cornwall. Well done everyone.



## Cross Country Celebrations

The cross-country season came to an end this week with a Fun Run and Medal Ceremony at Mullion School. Thank you so much to our children that attended this and represented our school.

We were extremely proud of Evelyn, Mia, Milo, Hugo, Lillian and Albie who all won endurance medals this season. To earn these, they had to run in 5 out of the 6 races this season, this is a fantastic achievement that shows great determination and resilience.

Out of the season we also had some great individual achievements; Mia and Milo placed 3<sup>rd</sup> in the Year 3 Girls and Boys overall. Hugo placed 1<sup>st</sup> in the Year 4 Boys and Lillian 1<sup>st</sup> place in the Year 5 girls. Well done. I am very excited about building on this year's successes in the new school year.



Lillian and Kiara were honoured to be selected by the NGA to compete at the NGA Gymnastics National Finals held this past weekend in Rugby.

It was a long journey, but an incredible experience for the girls, with only 30 gymnasts from across the country chosen for each level based on their outstanding previous results.



Lillian faced tough competition, going up against athletes up to two and a half years older than her. While her bar routine didn't go quite as planned on the day, she delivered a strong overall performance—placing 6th in her level and proudly bringing home bronze medals on both floor and vault!

Kiara placed 2nd on vault, 3rd on bars, 4th on floor and a massive 4th nationally. A massive achievement! Well done to both girls.



# 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



# Parc Eglos Active Play (PEAP)

## Wishlist

Our PEAP (lunchtime offer) resources get well used and well-loved at Parc Eglos School. We are desperately in search of some resources to restock some of our depleted 'zones' as we head into the final term of school.

See below some ideas of items that could be donated, (new or in good used condition) we would be very grateful. All donations to be dropped at the office or Maenporth classroom. Please see Mrs Eddy if you have any questions or have something specific in mind that you would like to donate.



Bubble machine

Giant bottle of bubbles/bubble wands

Blankets and picnic rugs for reading areas.



Cars/ small world play e.g. dinosaurs, dolls,



Lego bricks for construction



Colouring books, coloured paper, card, post it notes etc.



Giant chalk £3.99



Plastic hard hats



Fancy dress – wigs, glasses, hats etc



Puzzles and board games

# What Parents & Carers Need to Know about PERSUASIVE DESIGN ONLINE

'Persuasive design' refers to the techniques that companies employ to influence our thoughts and behaviours when we're on the internet. These approaches can be spotted on websites, in apps and even as part of some video games. Persuasive design means that this content has been deliberately presented in a way that's intended to encourage you to spend your time or money (or both). These methods often prove highly effective at keeping people engaged and invested for longer than we might expect.

## WHAT ARE THE RISKS?

### POTENTIAL ADDICTION

In the digital world, persuasive design can make certain activities more addictive and harder to walk away from: some people may begin to feel anxious or irritated without access to their device or their favourite app, for example. It can also often leave users feeling isolated, as – if they spend most of their time on social media – they may start to find it difficult to talk to other people in real life.

### MENTAL HEALTH CONCERNS

Scrolling online or gaming without regular breaks is proven to be harmful to our mental health. The constant bombardment of news stories (many of them negative), images and influencers' posts can create sensations of unease, uncertainty and FOMO (fear of missing out). Young people can get so immersed in this environment that they become less likely to spot misleading posts.

### PROLONGED SCROLLING

Social media can draw any of us – regardless of age – into a continuous pattern of refreshing our screen, following posts and links down rabbit holes or reading countless comments made by others. This aimless scrolling can eat up time which could have been spent on more productive activities. It could also lead younger users into areas of the online world which aren't age appropriate.

# KEEP SCROLLING

### SENSORY OVERLOAD

Repetitively scrolling, clicking on links or playing games can create an unending stream of new information and visual stimuli. Put it this way: social media isn't exactly renowned as a carefree, chilled-out environment. Such overstimulation can become too much for young people to handle, resulting in sensory overload and causing them to feel stressed, overwhelmed and exhausted.

### COSTLY ADDITIONS

Video games sometimes display offers for downloadable content or loot boxes which can be bought with real money. While these 'microtransactions' temptingly promise to improve a player's gaming experience, most of the time they are money sinks. Young people in particular, excited by the chance of enhancing their game, could spend quite a sizeable sum very quickly indeed.

### PHYSICAL CONSEQUENCES

Hours spent sitting and scrolling means far less time moving around and getting exercise: hardly ideal for a young person's physical health. Additionally, prolonged exposure to the light given off by a phone's screen can lead to eye fatigue and discomfort, especially if viewing it in the dark. Extended phone use before bed can also impact on sleep quality, affecting mood and energy levels over the following days.

## Advice for Parents & Carers

### ESTABLISH LIMITS

Talk to your child about setting some time limits on how long they can use their phone, tablet or console in the evenings or at weekends – or perhaps how often they can go on a specific app, game or website. You could also decide to involve the whole family in creating this shared screen time agreement, making things fair (and healthier) for everyone.

### NIX NOTIFICATIONS

Stop knee-jerk responses at the source by turning off push notifications and alerts. Whether it's a gaming notification or a social media update, these not-so-gentle reminders are designed to catch our attention and lure us back to our device. Switching them off – or even deleting any particularly intrusive apps – can help prevent your child from being reeled back into the online world.

### ENCOURAGE MINDFULNESS

Acknowledging any addiction is key in overcoming it – and compulsive scrolling is no different. If anything mentioned in this guide sounds familiar, it could help to have an honest, open chat with your child about how much time they spend online. Get them to think about how often they scroll through social media aimlessly or habitually open it up whenever they have a spare moment.

### MAKE A CHECKLIST

Considering a list of relevant questions can be an effective way of helping children figure out why they're scrolling on certain sites or consuming particular pieces of content. A checklist can prompt young people to ask themselves if they're learning anything or benefiting from this activity – or if they're wasting their time. Taking a step back can sometimes help us to see things more clearly.

### Meet Our Expert

Rebecca Jennings has more than 20 years' experience in the field of relationships, sex and health education (RSHE). As well as delivering workshops and training for young people, parents and schools, she is also a subject matter expert on RSHE for the Department of Education.



The National College

NOS  
National Online Safety  
#WakeUpWednesday



# Pop up Food Hub

See our Facebook Page

## Helston

Pop up Saturday June 21st **10:00 – 11:00**

Last Order Tuesday 17<sup>th</sup> June

**Helston Community College**

**Pre-Order Only – payment on the day**

**For £30, which helps to keep the charity running, you will receive a trolley load containing:**

Tea or coffee  
Pasta or rice  
A selection of tins and cereal  
Bag/box of Crisps  
A box of pasties or pies  
A bag of frozen items  
A bag of fresh fruit/veg  
A bag of household toiletries  
Bread/rolls/cakes  
Pet Food  
Other extra items as available



**ALL ITEMS SUBJECT TO AVAILABILITY**

**All welcome. No referral needed**

**We look forward to seeing you there**

**Remember to bring a trolley or plenty of strong bags**

**To guarantee your bundle please contact**

**Debbie on 07880 835 331**

DCFA will endeavour to honour accepted special dietary request orders but cannot guarantee this.  
Please note DCFA cannot guarantee that bundles are free from allergenic ingredients.