

# The Pen

## Parc Eglos News

Dear Parents/ Carers,

This week has seen us come together with our children and families to celebrate sporting competition across our school (with the exception of our Nursery children who will be taking part in their sports day on the 11<sup>th</sup> July). It was FANTASTIC to see so many families supporting our children, and so many children rising to the challenge of performing in front of such large audiences. Thank you to everyone who was able to come and support us this week in what is a lovely school tradition.



Huge congratulations to Leo in Year 5 who is now a Rock Hero!!! Apologies for the misprint in last week's newsletter - Congratulations to Layla B in Year 5 who became a Rock Hero last week along with Isaac who also succeeded last week, well done.



### Team Points!

Davy

885

Trevithick

976

Kingsley

883

Trengrouse

1049

### Calendar

#### Additions in white

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

## THE GOLDEN KEY AWARD

Proudly presented to

<b>YR Poldhu</b>	Alice and Emelin	<b>Y3 Crantock</b>	Lucas and Maisie
<b>YR Gunwalloe</b>	Alfred, Aria and Charlie	<b>Y4 Coverack</b>	Everyone for a great sports day!
<b>Y1 Rinsey</b>	Iffa and Maisie	<b>Y4 Gwithian</b>	Everyone for a great sports day!
<b>Y1 Godrevy</b>	Noah O and Chloe	<b>Y5 Sennen</b>	Everyone for a great sports day!
<b>Y2 Maenporth</b>	Everyone for a great trip and sports day!	<b>Y5 Zennor</b>	Everyone for a great sports day!
<b>Y2 Swanpool</b>	Everyone for a great trip and sports day!	<b>Y6 Fistral</b>	Sam, Nellie and Kian
<b>Y3 Portreath</b>	Kaleb and Toby	<b>Y6 Holywell</b>	Freya, Ben, Mollie, Alfie B and Jasper

### Boomerang Booking links

	Breakfast Club	After School Club
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>
W/C 14th July 2025	<a href="https://forms.gle/ZLgfKc4MTe9yF3Xr6">https://forms.gle/ZLgfKc4MTe9yF3Xr6</a>	<a href="https://forms.gle/TJxz4Nnp6D1Jooaj7">https://forms.gle/TJxz4Nnp6D1Jooaj7</a>
W/C 21st July 2025	<a href="https://forms.gle/j3p9LjYbvRvN2MwC6">https://forms.gle/j3p9LjYbvRvN2MwC6</a>	<a href="https://forms.gle/5MfEs7dbVZ7rKmQ86">https://forms.gle/5MfEs7dbVZ7rKmQ86</a>

Four budding mathematicians from Year 5 proudly represented our school at the annual Maths Olympiad held at NEXUS in Camborne this Wednesday. The event challenged them to think critically and creatively as they explored logic puzzles, sequencing problems, coding activities, and the fascinating world of powers. Throughout the day, they demonstrated exceptional perseverance and enthusiasm—truly putting their minds to the test! Well done to Ellis R, Iwan H, Layla B and Sawyer G.





# The Pen

## Nursery & Foundation Team

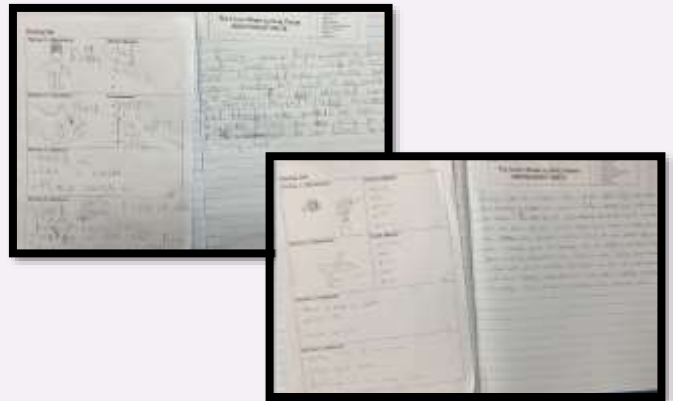
Gunwalloe and Poldhu classes have enjoyed reading a fabulous story called 'The Something'. The story has inspired us to use our imagination and create wonderful ideas about what might live underground. The children have written super sentences about the story. We have also enjoyed creating small world scenes to help us create stories together. The children have used some wonderful words when retelling their stories.

We have had lots of fun at sports day. We enjoyed running fast and celebrating everyone's effort. A great time was had by us all! Thank you for joining us.



## Year 1/2 Team

This week, the children have been busy working on their independent writing, and we've been so impressed by their creativity and imagination. They have come up with fantastic storylines and exciting challenges for their characters to overcome. The children have also been working hard to write in full sentences, using adjectives to add detail and conjunctions to join their ideas. It's been a joy to see their ideas come to life on the page!



## Year 3/4 Team

Following Year 4's exciting English writing unit based on How To Train Your Dragon last half term, Year 4 has been lucky enough to enjoy a live webinar with Cressida Cowell this week, hosted by Waterstones Bookshop. Cressida told us how she came to love writing about dragons and shared photos of a special island in Scotland that she used to visit with her father as a child, which was her inspiration for the Isle of Berk. Parts of the island were used in her books, including an amazing cliff with caves, that featured early in the story as the dragon nursery! Cressida treated us to snippets from her latest book and even a short clip from the new animated film of How To train Your Dragon!



## Year 5/6 Team

Year 5 had the exciting opportunity to visit RNAS Culdrose this week to watch the spectacular Field Gun Run demonstration—a truly historic and prestigious event. It was an honour to be invited, and the children thoroughly enjoyed every moment.

A special highlight of the afternoon was seeing some of our pupils beam with pride as their own parents took part in the Field Gun Run team! Their sense of admiration was clear, and it made the experience even more memorable.

All pupils represented our school brilliantly, showing outstanding behaviour and curiosity throughout the visit.

We are incredibly proud of how they conducted themselves and grateful for such a special experience.





# Sports at Parc Eglos

## Sporting News...

The Year 6 boys football team had a wonderful Saturday playing in the Norman Nicholls tournament last weekend. They played 8 games in total, scoring 46 goals and conceding 0. Every player managed to score. They won the final against St Michael's school 3-0. An enormous achievement and the perfect way to finish the Parc Eglos football season.

The boys attitude and behaviour was impeccable and they were a credit to Parc Eglos.







# 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





# SUPPORTING CHILDREN'S MENTAL HEALTH

## 10 Conversation Starters for Parents

Talking about mental health to children is sometimes hard. To the point that we can put off raising the subject, not wanting to unearth problems or raise overwhelming subjects that we perceive our child is too young or not ready for. But rather than keeping children in the dark, this guide is designed to help you confidently talk about mental health, so they feel comfortable talking about their own worries and end any stigma before it begins.



### 1 LISTEN

This sounds obvious, but it is not something we are always great at. Active listening is where we listen without interrupting or making judgements and shows interest in what is being said. If your child feels listened to in the 'smallest of problems' they will become confident that you will listen when the 'biggest of problems' arise.

### 2 ASK TWICE

The campaign from time to change is great. <https://www.time-to-change.org.uk/support-ask-twice-campaign>. Be tenacious about your child's wellbeing. Children instinctively know when your questions and support come from a place of wanting to help and care.



### 3 THERE IS NO SUCH THING AS A STUPID QUESTION

This advice also relates to the first point. If your child can ask you any questions about the smallest of things and you listen and answer without shaming or belittling, then they will have more confidence to ask the biggest of questions.



### 4 BE OPEN AND HONEST

Children appreciate honesty, particularly if you are having to share information or talk about a difficult subject. For example, you may be talking about death or loss; 'It's very sad that Nana has died' or 'I feel sad that Nana has died'. How you talk about a subject will differ depending on their age and developmental maturity. Talking about death to a younger child for example will be different to that of an older teen, as their experience and understanding of death is different.

### 5 KNOW WHEN TO SEEK HELP

Assess the severity of the mental health difficulty you are noticing. Is the difficulty making it hard for your child to function regularly throughout everyday life? How frequently is your child affected, how long does it last and how persistent is it? Are they having problems controlling the difficulty? Talk to your child about your concerns and that it is likely they will need further support beyond family and friends.



### 6 TALK ABOUT MENTAL HEALTH NATURALLY

Speak about mental health as part of everyday life, so that talking about our feelings and those of others is normalised. If the usual 'are you ok?' is not creating an opportunity for dialogue then say something like 'I know when something like that has happened to me I felt like this... is that how you are feeling or are you feeling something else?'

### 7 EMPATHISE

'It makes sense that you would feel this way, it is understandable'. Children often worry about things that we, as adults, might see as trivial or silly. However, for them at their age and stage it is a big concern and they need our kindness and care when they show their vulnerability and share their worries.



### 8 HELP YOUR CHILD FEEL SAFE

Teens particularly feel that by talking about their worries or concerns that this will make things worse. Reassure your child that you will discuss a plan of action together and what may or may not need to happen next. If they are a younger child, it is likely you will need to lead the conversation and explain next steps.



### 9 MIND YOUR LANGUAGE

Be mindful of the language you use at home to describe and talk about mental health. Stigma often arises from misconceptions and a choice of language which is harmful. Using the word 'mental', 'man-up' or other such words in a derogatory way won't encourage your child to talk about their mental health for fear of being belittled.



### 10 IT IS OK TO SAY 'I DON'T KNOW WHAT TO DO NEXT'

Adults do not have all the answers but often children think they do. It is ok to acknowledge that what your child is experiencing is not something you have come across before or know anything about, but that you will work it out together and seek help together.



## Meet our expert

This guide has been written by Anna Bateman. Anna is passionate about placing prevention at the heart of every school, integrating mental wellbeing within the curriculum, school culture and systems. She is also a member of the advisory group for the Department of Education, advising them on their mental health green paper.



## Sources of Information and Support

Your GP  
Young Minds <https://youngminds.org.uk/>  
<https://www.nhs.uk/conditions/stress-anxiety-depression/>  
<https://www.actionforchildren.org.uk/news-and-blogs/parenting-tips/2016/november/a-simple-guide-to-active-listening-for-parents/>  
<https://www.themix.org.uk/mental-health>





# TIME 2 MOVE

Holiday Programme



## SUMMER 2025

- Activities including water sports, forest schools, circus skills, day trips and lots more – for children aged 5 to 16
- Every session includes a healthy meal for all children
- Funded places for ALL children eligible for benefits related free school meals

Activities are taking place across Cornwall during the Summer holidays from 28<sup>th</sup> July – 29<sup>th</sup> August

Scan here  
to book!

