



# Mawnan CE VA School Newsletter

*Using our God-given talents to let our light shine*



**Our core Christian Values: *Compassion, Hope, Peace, Perseverance, Respect, Trust***

**Friday 31st January 2025**

## Governance Update

I am delighted to inform you of several changes to our governing body.

### **Foundation governors**

Ruth Grimmer and Deborah Pullen both bring a wealth of highly valuable experience to our board with professional backgrounds in education finance, HR and management. And as two former parents of Mawnan School, they also have a genuine desire to give back to the institution that has played a significant role in their children's education.

### **Parent governors**

Matt Fox was re-elected as a parent governor in November last year. Matt is a very experienced secondary school teacher and is our existing Vice-chair. He is also our resident astro-physicist, which comes in very handy when space is on the curriculum.

Anna Hart has stepped down as a parent governor after three years. She has made countless valuable contributions over that time and we are very grateful for her input.

Cameron Wallace has now been appointed to replace her, following the recent elections. He won't be required to wear his sparkly sequined jacket to our board meetings, but it will definitely be encouraged.

### **Staff governor**

Jasmine Moon has stepped down from her role as a staff governor while she is on leave. The school will elect another member of staff to the board in due course.

Our governors play a vital role in the school, supporting its values, ethos and vision, and working to ensure the educational experiences children are the best they can be. It's a very rewarding role and I am pleased we have such a strong team of people willing to share their time and skills for the benefit of our school community.

Rachel

Chair of Governors

# Children's Mental Health Week 2025!

Children's Mental Health Week is taking place between 3rd-9th February 2025. This year's theme is Know Yourself, Grow Yourself which aims to encourage children to embrace self-awareness and explore the importance of expressing their feelings and emotions.



**On Friday 7th February, we will be supporting Children's Mental Health Week by having a 'Dress to Express' day** to raise money for Place2Be. Children and staff are invited to wear an outfit that expresses themselves, whether it's their favourite outfit, a splash of colour, a traditional attire that celebrates their culture, or an ensemble that showcases their beloved hobby, we want everyone's creativity to shine. All cash donations are greatly appreciated, we will be having a collection on the gate.

**As part of Children's Mental Health Week the children will be taking part in wellness workshops. For this reason there will be no celebration assembly on Friday 7th February.**

## TIPS FOR FAMILIES

Place2Be's CHILDREN'S MENTAL HEALTH WEEK

- 1 Encourage journaling**  
Just like Riley, encourage your older children and young people to express their emotions and thoughts through journaling. It can be less confronting than speaking out loud and is a helpful way to process what is going on.
- 2 Make space for reflection**  
When children and young people reflect on their different emotions, it can help them better understand themselves and what they need.  
Go for a walk, drive, or try some mindful colouring or baking together.
- 3 Be visual**  
Use imagery, such as emojis or flashcards to help children and young people recognise and label their feelings.
- 4 Practice mindfulness**  
Try mindful activities, and quiet family time, to enjoy being in the present moment. This can help children and young people be aware of their thoughts and emotions and learn a useful new coping technique.
- 5 Communicate**  
Feedback is crucial for helping us see our blind spots and gain greater insight. Children and young people are no different. Creating safe and supportive ways to share your own experience with your child can help them understand themselves and their impact on the world around them.

If you're a parent or teacher, you'll find loads of useful advice to help you support the brilliant young people in your lives – from FAQs to downloadable packs. [Here4You.co.uk](https://www.here4you.co.uk)

## Football

This afternoon six Year 6 girls took part in the Girls Football Qualifier at Penryn College.

Being a very talented footballer, Meredith stepped up and captained the team, practising and guiding her team mates in break times and PE lessons over the last few weeks. We are extremely proud of these girls – Meredith for taking the lead and being a fantastic Captain and Isla, Issy, Jessie, Macey and Mia for stepping out of their comfort zone and putting themselves forward to take part in a sport of which they had no experience.

We are very pleased to say they won all four of their matches and are through to the Girls Football Final next week! Well done Girls.



## Books for the Barn

This new addition to our learning environment has been embraced with enthusiasm by our children. This dedicated space has quickly become a sanctuary for reading, exploration and relaxation, offering the children a tranquil retreat to immerse themselves in the world of books.

We now need more books...we're launching our 'Book for the Barn' GoFundMe campaign to stock our new Reading Barn with incredible books. Help us nurture a lifelong love of reading for the children at Mawnan School and donate today! 🙌 <https://gofund.me/b0a52005> #ReadingBarn #BookDrive

Thanks to a very generous donation we are now up to £570!



## Nuts

We would like to remind you that we have a child in school with serious nut allergy which requires an adrenaline auto-injector. For this child's safety we kindly request that you do not send any nuts into school.



## Dates to Remember

<u>Date</u>	<u>Event</u>
<b>7<sup>th</sup> February</b>	<b>Dess to Express: Place2be Charity Mental Health Week</b>
17 <sup>th</sup> – 21 <sup>st</sup> February	Half Term – Return date Monday 24 <sup>th</sup> February
6 <sup>th</sup> March	World Book Day
10 <sup>th</sup> – 15 <sup>th</sup> March	Parent Teacher Meetings
7 <sup>th</sup> -21 <sup>st</sup> April	Easter Holidays – Return date Tuesday 22 <sup>nd</sup> April
5 <sup>th</sup> May	Bank Holiday
12 <sup>th</sup> May	Year 6 SATs Week
26 <sup>th</sup> – 30 <sup>th</sup> May	Half Term – Return date Monday 2 <sup>nd</sup> June
9 <sup>th</sup> June	Year 1 Phonics Screening
18 <sup>th</sup> – 20 <sup>th</sup> June	Year 4 & 5 School Camp: PGL Barton Hall
25 <sup>th</sup> – 27 <sup>th</sup> June	Year 6 School Camp - Porthpean
4 <sup>th</sup> July	Sports Day
11 <sup>th</sup> July	Sports Day reserve date
21 <sup>st</sup> July	Summer Holidays – last day Friday 18 <sup>th</sup>

## Arriving at School

Our school gates will be open from 8:35am in the morning and a member of staff will be on the gate to welcome you and your child/ren. Our classrooms open at 8:40am. If you arrive at school before 8:40am, please do not send your children into the classrooms as there may not be an adult there to supervise them. The gates will be closed at 8:45am and registration will take place at this time. If your child arrives after this time, please enter the school via the school office to ensure that your child is registered.

## Illness

We understand that it's that time of year when numerous bugs are doing the rounds and sickness days off school can't be helped.

If your child has had a stomach upset or sickness, it is important that you allow a period of **at least 48 hours** after the sickness or diarrhoea has finished, before sending them back to school. Such action will help to prevent the infection spreading unnecessarily to others in the school.

In all cases of your child being unwell and unable to come to school, telephoning the office and leaving a message on the answer phone **before 8.50am each and every day your child is absent** will mean their absence is correctly accounted for.

Please leave the following information in your message:

- Your child's name
- Reason for absence

School Telephone Number: 01326 250660 For more information on sickness and when to keep your child home please click on this link:

<https://www.nhs.uk/live-well/is-my-child-too-ill-for-school/>

## Free School Meals

A child is eligible for free school meals if their parent/carer (or the child themselves) receives any of the following benefits:

- Universal Credit (provided you have an annual net earned income of no more than £7,400, as assessed by earnings from up to three of your most recent assessment periods).
- Income Support (IS)
- Job Seekers' Allowance (Income-Based) and equal based Job Seekers Allowance
- Income Related Employment and Support Allowance (ESA-IR) and equal based Employment and Support Allowance
- Child Tax Credit (CTC) with an annual income of less than £16,190
- Working Tax Credit run-on - paid for 4 weeks after you stop qualifying for Working Tax Credit
- Guarantee Element of Pension Credit (GPC)
- Immigration and Asylum Act 1999 (IAA) Supports

You can apply for Free School Meals and Pupil Premium online.

[Apply for free school meals](#)

If you receive any of the above, your child may be eligible for Pupil Premium funding. This includes free school meals, as well as funding for the school to provide high quality teaching including staff professional development, targeted academic support and support with non-academic barriers to improve academic outcomes.

## After School Wraparound Childcare

As you may know, we are keen to have our wraparound club operational by March in order to take full advantage of the government's grant. In pursuit of this goal, we are readvertising the positions (again) for the last time, with the hope that this time we will be more successful in attracting dedicated individuals who are committed to providing high-quality after-school care for our children.

To ensure we reach a wider audience, we kindly ask that you share these vacancies within your networks and beyond. Your assistance in spreading the word will be invaluable in our quest to find the right candidates who will contribute positively to our school community.

The positions available are as follows:

- **Play Leader**

- Website: [https://www.mawnanschool.com/web/wraparound\\_playleader\\_/696866](https://www.mawnanschool.com/web/wraparound_playleader_/696866)

- Indeed:

- https://uk.indeed.com/jobs?q=playleader&l=mawnan&from=searchOnDesktopSerp&vjk=23ca00034737c5ea&advn=7863470678683441

- **Play Worker**


- Website: [https://www.mawnanschool.com/web/wraparound\\_playworker/696867](https://www.mawnanschool.com/web/wraparound_playworker/696867)



- Indeed: <https://uk.indeed.com/jobs?q=&l=mawnan&from=searchOnHP&vjk=5b4be91cbf1bcb69>

Thank you for your continued support and understanding as we work towards this important initiative.

## 10 Top Tips for Parents & Educators

# SUPPORTING CHILDREN TO DEVELOP EMOTIONAL LITERACY

Anger at a toy being stolen  Sadness when losing a

game  Frustration when struggling in class  All children will experience challenging feelings sooner or later. Emotions are a natural part of life, and while youngsters should be allowed to express themselves, it's important they also learn how to process these more difficult emotions in a mindful way.

Of course, many children may well be encountering these intense feelings for the first time, and it can be intimidating to skirt the line of helping them properly handle their emotions while also validating their experiences. That's why we've put together this free guide, offering expert advice on how supporting youngsters to develop emotional literacy.





# 10 Top Tips for Parents and Educators

## SUPPORTING CHILDREN TO DEVELOP EMOTIONAL LITERACY

Emotional literacy refers to the ability to recognise, understand and express our feelings effectively. It plays a crucial role in strengthening a child's wellbeing by enhancing their relationships and resilience. However, emotional literacy is not necessarily an innate talent, and its development may present challenges. This guide gives parents and educators practical tips on supporting children to cultivate this essential skill.

### 1 NAME THE EMOTION

Encourage children to identify and name their emotions. This helps them understand what they're feeling and why. Use simple language and relatable examples to make it easier for them to share their emotions. This builds a foundation for emotional understanding and open communication.



### 2 MODEL EMOTIONAL EXPRESSION

Demonstrate healthy emotional expression by sharing your feelings visibly. When children see adults properly displaying how they're doing and what they're thinking, they learn to do the same. Discuss how you handle emotions in different circumstances, providing a real-life framework for young ones to follow.



### 3 MINDFULNESS ACTIVITIES

Teach children mindfulness practices to help them stay present and manage their emotions during more challenging moments. Activities like deep breathing, meditation or yoga can reduce stress and enhance emotional regulation. Regular practice can improve focus and emotional stability, which can significantly help children both as they're growing up and throughout their adult life.



### 4 USE STORYTELLING

Incorporate storytelling to help children understand emotions. Stories can offer relevant scenarios illustrating how the characters experience and manage their feelings. Discuss the emotions depicted in stories and ask children how they might feel in similar situations.



### 5 PRACTISE EMPATHY

Teach children to consider others' views and emotions – and to explore why they might think or feel this way. Role-playing and discussing various scenarios can enhance their ability to empathise. Understanding others' emotions helps children to develop compassion and improves their social interactions.



### 6 ENCOURAGE JOURNALING

Suggest keeping a journal to make note of thoughts and emotions, as writing can provide an outlet for self-reflection and emotional processing. Encourage children to write about their daily experiences and feelings, helping them gain insight into their emotional world. Do this alongside them, so they can see and experience how to do it effectively.



### 7 TEACH PROBLEM-SOLVING

Do what you can to help children develop problem-solving skills to assist in managing emotional challenges. Discuss potential solutions to emotional conflicts and encourage them to think critically about what they (and others) can do to process their feelings in a healthy way. This empowers children to handle emotions positively and build resilience.



### 8 CREATE A SAFE SPACE

Establish an environment where children feel safe to display their emotions without judgement. Encourage open exchanges and reassure them that all feelings are valid. This supportive atmosphere promotes trust and encourages children to express themselves with confidence.



### 9 USE VISUAL AIDS

Take advantage of visual aids like emotion charts or mood meters to help children identify and express their feelings. Use these tools regularly in your interactions. They provide a visual representation of emotions, making it easier for children to communicate their emotional state.



### 10 CELEBRATE EMOTIONAL GROWTH

Acknowledge and celebrate progress in emotional literacy, and praise children for expressing their emotions and handling them effectively. Positive reinforcement is a useful tool that will encourage continued growth and reinforces the importance of emotional literacy – encouraging young people to maintain the good habits and healthy behaviours that you've taught them.



### Meet Our Expert

Adam Gillett is Associate Vice-Principal for Personal Development at Penistone Grammar School and works on secondment one day a week for Minds Ahead, an organisation that supports schools in improving their mental health provision.



#WakeUpWednesday

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Extras!



## FEBRUARY HALF TERM HOLIDAY CAMPS

Come and take part in our EdVenture half term provision, offering children a fantastic opportunity to build friendships through team sports and outdoor adventures, and explore their creativity with themed group games and arts & crafts.

**TUE 18TH - THUR 20TH FEB**  
**3 DAY SUPER CAMPS**  
**5-7 YEARS | 8+ YEARS**

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**FOR MORE DETAILS ON THE COURSES & HOW TO BOOK:**  
**WWW.MYEDVENTURE.CO.UK**  
**01326 372379**



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 Cornish Seal Sanctuary

\*proof of address required on collection

The Cornwall Seal Sanctuary are excited to introduce the **Cornish Seal Sanctuary Locals' Pass**, offering the local community **30% off annual passes!** This special discount is available to residents with a **TR, PL and EX postcodes**, providing unlimited visits for a whole year at a reduced price and **20% off on-site** every visit!

A visit to the Sanctuary is not only a fun day out but also an educational experience, allowing families to learn about marine conservation and meet their rescued seal residents.

# 4@4

**Café style All Age Worship**

**4pm on the 4<sup>th</sup> Sunday at St Michael**

With tea/coffee and cake, worship, craft, something to think about, and a chance to talk it over, or have some quiet time.



**Letting our light shine  
Sunday 26th January**

St Michael's Church, Carwinion Road, TR11 5JF