



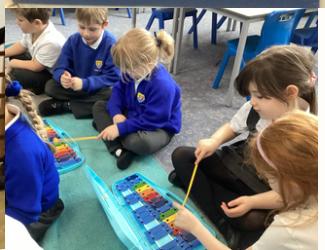
Penpol School Newsletter

Friday 6th February



Children's Mental Health Week

This week, we have been proud to celebrate Children's Mental Health Week across our school. This year's theme, 'This Is My Place', focuses on the importance of belonging, helping children feel safe, accepted, valued, and confident that they truly have a place in their friendships, school, and community. This links closely with our Penpol Values of Friendship and Respect. Through a range of activities, including stories, creative work, mindfulness, and classroom reflection, children explored how feeling connected and included supports our mental wellbeing and helps us grow together. It has been wonderful to see them use kindness and understanding to make everyone feel included and valued. [Please click here for a link to the Children's Mental Health Website](#)





Wilfred's Word of the Week

kolon lowen -
happy heart



Online Safety

We have been alerted to fake websites claiming children can meet or chat with celebrities. These sites are not genuine and may expose children to unsafe live chats with adults posing as celebrities.

Please talk to children about online safety, supervise their use and report concerns. Keeping children safe online is an ever-changing landscape, and it is important that we all work together to ensure they use it responsibly and safely. Please ask us for any support from us if needed.

INSET Day

Just to remind you, there will be an INSET day on Monday 23rd February.



Change of Meal Prices

After half, Aspens meal prices across the school will increase to £2.80 per lunch. The KS1 Universal and Free School Meals remain free.

Aspens



Key Dates for the Diary - W/C 9th February

Monday 9th February

Class 7 Swimming

Thursday 12th February

Year 3 and 4 Healthy Cornwall Workshop about Dental Health.

Thursday 12th February

Year 3 Hayle Heritage Workshop

Thursday 12th February

Class 6 at Penzance gym

W/C Monday 16th February

Half Term



Parent/carer coffee morning

Date: 4th March 2026

Time: 10.00 - 11.00am

At: Penwith Family Hub

A relaxed coffee morning for parents of children with additional needs. Come for a cuppa, stay for the chat - no judgment, no pressure, just understanding faces.



HAPPY WEEKEND

Hayle Carnival!

Last week, it was announced that the theme for Hayle Carnival is 'Decades'.

We will be busy over the next few months organising and preparing. We would love as many families as possible to join us on Saturday, 13th June, so please save the date! We will keep you posted on our focus for the theme.



FREE DAD'S GROUP

DADS - YOU
DON'T HAVE
TO CARRY
EVERYTHING
ON YOUR OWN

FREE.
FORTNIGHTLY.
MONDAYS.
EVENINGS.
SUPPORTIVE.

TO BOOK - CALL, MESSAGE, OR EMAIL CHRIS
07922 158720 / cj@cjadams.co.uk



FREE DAD'S GROUP

Money, work, expectations, physical & mental health and relationships are just some of the things that put a lot on a dad's shoulders.

These **FREE 1.5hr evening sessions** offer a calm, down-to-earth space to slow down, check in with yourself, and spend time with other dads who get it, too.

- # Maximum 8 Dads
- # FREE 1.5hr Sessions
- # Monday Evenings
- # Led by Chris Adams -
BACP Counsellor
Counselling Teacher
Group Facilitator



Chris Adams
BA (HONS) | BSc | MBACP
Person Centred Counsellor
Counselling Teacher
Group Facilitator