

Penpol School Newsletter

Friday 4th September

Welcome back to 2026 at Penpol!

It was wonderful to watch everyone come through those gates on Thursday. Everyone looked smart in their new uniforms and ready to catch up with all their friends.
We hope you have been able to enjoy the fabulous weather in our beautiful part of the country.

Staff at Penpol have been busy creating new classroom setups and planning exciting and engaging lessons. They look forward to getting to know each of your children and your families, to ensure everyone feels safe and included at school.

As part of this new start to the year, we want to focus on children being able to enjoy their classrooms, lunchtimes and breaktimes with their friends, as well as engaging in exciting learning opportunities. We wanted to introduce the way we are going to support children so that every child can feel safe here.
We will be sharing the Playground Promises and our Dinner Hall Deal with the children next week and explain how we intend to use them to create this happy environment. Social time is such an important part of the school day; we want children to be able to experience this time in a carefree way, without any worry. It will be supported by lunchtime staff, and the outside spaces will always have a member of the leadership team outside to encourage positive play; you might even see me shooting a few hoops!!
It is important that, as parents and carers, you are aware of the types of restorative conversations we will be having, so these can be supported at home. We hope to create a shared language between the staff, children, parents and carers.

Most of all, we want your children to feel part of our community, at school, as well as in our local community. We will be engaging in lots of events to give children this sense of belonging. On Friday 11th September, Penpol School will be hosting the Rick Rescorla Memorial, and our Year 6s will be taking part in the procession. Pride and respect in where we live is an important part of creating this supportive community. We hope you will join the procession as it leaves; it is going to be an incredible mark of respect. More information will follow.

We have much to be excited about this year – let's get started!
Mrs Pope

OUR DINING HALL DEAL

01. We line up sensibly while waiting for our lunches.

02. We show good manners to all children and adults.

03. We eat sensibly, keeping the tables and floor tidy.

04. We chat and have fun quietly with our friends.

05. We scrape our own plates, waiting and stacking them sensibly.

06. We put cutlery and cups away.

OUR PLAYGROUND PROMISE

01. We show good manners to all children and adults.

02. We play safely and don't hurt each other.

03. We respect all of the equipment provided for us.

04. When the whistle blows, we freeze.

05. Demonstrate good sporting behaviour.

06.
1. The teams are fair
2. No slide tackles
3. It's always a draw

Wilfred's Word of the Week



Dynnargh dhe'n whelas = Welcome back!



Key Dates W/C 7th September

SAVE THE DATE

Monday 7th September - Class 9 swimming

Wednesday 9th September - Year 1 Hearing Screening

Wednesday 9th September - Meet the Teacher for KS1 (Year 1 and Year 2)

Friday 11th September - Year 6 Rick Rescorla Walk


HOW SEPARATION ANXIETY BEGINS
Separation anxiety rarely begins with a child refusing to let go all at once. It often starts with small signs of worry as time apart begins to feel increasingly unsafe, unpredictable or overwhelming.
IT STARTS WITH NEEDING CLOSENESS
Separation anxiety often begins with a child needing more reassurance, proximity or connection than usual. They may want a parent nearby more often, struggle to play independently, or become unsettled when they are not sure when you are coming back. This is not about being "spoilt" or manipulative — it is usually a sign that separation is beginning to feel emotionally unsafe.
SMALL GOODBYES FEEL BIGGER
What once felt manageable can begin to feel much harder. A child may start protesting at drop-off, following a parent around the house, becoming distressed when left with familiar adults, or needing repeated reassurance about plans. These reactions can seem sudden, but they often build gradually as the child's worry around separation grows.
THE BRAIN BEGINS TO ANTICIPATE THREAT
As anxiety increases, the brain starts to treat separation as something to guard against. The child may become clingy, tearful, panicked, controlling or angry before a goodbye has even happened. Their behaviour is not a deliberate attempt to make life difficult — it is their nervous system trying to prevent the distress it expects is coming.
SUPPORT EARLY, NOT JUST AT CRISIS
The earlier we notice these patterns, the easier it is to respond in a way that builds safety and trust. Calm routines, predictable goodbyes, emotional reassurance and gentle support can help before anxiety becomes deeply established. Looking beneath the behaviour helps us understand that the child is not "just difficult" — they are struggling with feeling safe when apart.
ntented Child
HILDREN BE UNDERSTOOD


WHAT TO SAY TO A CHILD WITH SEPARATION ANXIETY
INSTEAD OF:
"Don't worry, there's nothing to be scared of"
TRY SAYING:
"I know being apart feels really hard. You can feel worried and still be safe"
INSTEAD OF:
"If you keep crying, I can't leave"
TRY SAYING:
"I know you want me to stay. I'm going to leave calmly, and the grown-ups here will help you"
INSTEAD OF:
"Stop crying, I'll be back soon"
TRY SAYING:
"It's okay to miss me. We'll stick to our goodbye plan and I'll see you after ___"
INSTEAD OF:
"I'll stay until you stop crying"
TRY SAYING:
"We'll have our cuddle, say our goodbye, and then I'll go just like we planned"
INSTEAD OF:
"There's no reason to be upset"
TRY SAYING:
"Your body is telling you separation feels scary right now. We can help it learn that you're safe"
INSTEAD OF:
"I promise nothing bad will happen"
TRY SAYING:
"You don't have to feel completely certain. You have a plan, safe adults around you, and I will come back"
INSTEAD OF:
"Just be brave"
TRY SAYING:
"Being brave can mean feeling worried and doing the next small step anyway"
INSTEAD OF:
"You're a big girl/boy now"
TRY SAYING:
"Needing reassurance doesn't make you little. We can practise being apart in small steps"
The Contented Child
HELPING CHILDREN BE UNDERSTOOD
See my earlier post for details of how to obtain our free Bitesize Guide to Separation Anxiety.


WE ARE IN THIS TOGETHER