

Pencalenick Post

March 2024

Update from Mrs Watkins-Young

Interim Head Teacher

What an amazing half term this has been. We've had so much going on here, and I think you all deserve a nice, long and hopefully sunny break!

A big thank you to everyone who donated towards Comic Relief: Red Nose Day. We raised a grand total of £255, absolutely smashing our initial goal of £100.

We also had great fun on World Down Syndrome Day, wearing our crazy, colourful, fun socks to help raise awareness of Down Syndrome and the problems with stereotyping. The money raised is being donated to Cornwall Down Syndrome Support.

Keep up the great work everyone!



Forthcoming Events

Dates for your Diary

- 15th April- Start of Term.
- 6th May- Bank Holiday
- 7th May- INSET DAY
- 22nd May- Coffee morning
- 24th May- Class group photos- Tempest
- 27th – 31st May- Half Term

Arbor Parent Portal

Getting Connected

We have had a great response to the opening of our Arbor Parent Portal App with 85% of our parents having already signed in.

The Portal gives you access to a restricted view of your child's profile on our information system. It allows you to check the details we hold are correct and gives you the ability to update them yourself. You can:

- Update your phone number, address, and contact information
- See your child's attendance
- View your child's timetable
- Give or decline consents, including for trips and activities, photos, first aid, etc.

Once we get as close to 100% of parents signed up as possible, we will be able to open up other options, such as booking meals and paying for meals and trips.

If you have not already accessed the Portal, we would urge you to give it a go. If you would like some support to get started, please do not hesitate to contact Reception.



Wellbeing Champions

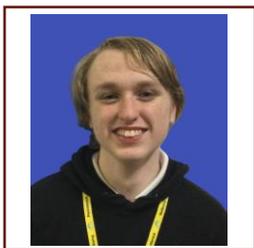
Many congratulations to our Wellbeing Champions! They are a team of pupils who applied for the role because they want to help provide a safe and supportive environment for everyone in school.

They have already made a positive contribution to the school community and will support in educating their peers, run campaigns against bullying and promote positive mental health through a variety of events, across the year.

Some of the ways in which they may support others:

- Tell an adult if they see something happening.
- Check in with someone who has experienced bullying behaviour or unkindness.
- Encourage the person experiencing this kind of behaviour to speak to a trusted adult.
- If they see someone being unhappy, they can have a chat with them or find someone for them to talk to.
- Support the other children to have fun – helping with games and activities to encourage inclusion and positive interaction.
- Promote wellbeing messages and events across the school.

Wellbeing Champions wear a yellow wellbeing lanyard so that they are easily identified and are on wellbeing posters around school too. Our wellbeing champions this year are:



Tyler



Ava-Rose



Bentley



Harry



Jamie-Dean



Ryan- Bude



Sophie



Arianja & Holly-
Brannel



Caitlyn-
Mount Charles



Stanley-
Falmouth

Class Highlights

Botallack Class

Botallack have had a great half term and despite the weather, have tried to continue to walk a mile a day and stay fit and healthy! We have had really cool visitors in school over the last few weeks. We were really lucky to welcome two Muslim women into our class to talk about their faith. They showed us their holy book, the Quran, read some of the prayers from it and helped us to try on head scarves for the girls and a Kufi for the boys to cover our heads.

The second visitors that we had were from the Bournemouth Symphony orchestra. They played us a few pieces and showed us their instruments, guitar, oboe and trombone. The highlight of this event was when the musicians joined the Pencalenick orchestra and Botallack's very own Ethan and Ava-Rose performed in front of the whole school. They were amazing!



Port Quin Class

This half term pupils in Port Quin have been busy doing lots of different activities. The rain finally stopped, and we were able to get outside and enjoy our garden and some pupils have had fun up in the forest.

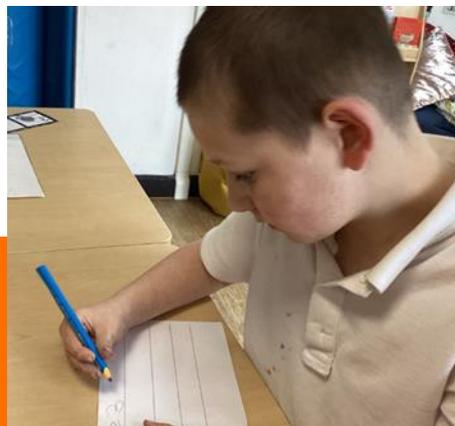
We enjoyed the multi faith day where we had a visit from a Buddhist, and we got to try out some instruments.

We have all been working hard on our extended writing in English and in Math's we have been focusing on calculations and measures.



Mount Charles ARB

Mount Charles ARB have had an amazing term. We have been observing the changes brought about by Spring, practicing our letter formation and sentence writing, learning our phonic sounds, and using these as tools to spell and read. We have enjoyed learning rhymes and creating our own. We have also been learning how to be a good friend and what we like and dislike.



Pencarrow Class

Pencarrow class have been working hard on their English & Math's this term. They have also been looking at the work of Benjamin Zephania – a British writer & dub poet and the class worked hard on using rhyming words. In Math's, the class have looked at different means of measuring using trundle wheels for large areas and took height measurements of class peers. In art, we are looking at the work of Salvadore Dali and surrealism. We have been learning about badminton in PE and have enjoyed a game between class peers.

For RED NOSE Day, Pencarrow enjoyed baking biscuits and cupcakes and using their skill and imaginations on the decoration whilst also focusing on fine motor skills and math's taking money from pupils and giving the correct change. We are looking forward to our next school trip before the Easter holidays to the Cornish Museum of life in Helston. Well done Pencarrow!



Pendennis Class

We are thrilled to share the exciting activities and adventures that Pendennis Class have recently enjoyed as part of their poetry and song theme, along with celebrating World Book Day and fostering a love for reading. It has been a fantastic half-term filled with creativity, imagination, and the joy of books!

Pendennis Class joined the staff and pupils of Pencalenick School to celebrate World Book Day. Dressed as our favourite book characters, we immersed ourselves in the world of literature, participating in quizzes and challenges that tested our knowledge and love for stories. It was an incredible reminder of the power of books to transport us to different worlds and inspire our imaginations.

Pendennis Class had an amazing adventure at Falmouth Bookseller. Using our World Book Day Vouchers, we each chose a special book that caught our interest. This trip was not only a treat for our book-loving hearts but also a fantastic learning experience. We explored different genres, authors, and even practiced communication and math skills as we calculated costs and budgeted for our chosen books.

With ten of our Year 11 pupils in Pendennis Class leaving this summer, transition trips to future college placements have already started. Three of our pupils have been joining others from the school in attending visits to Truro College and we are looking forward to welcoming visitors from Oakwood Court as two pupils begin their transition to this placement after Easter. It is an exciting time as the class completes ASDAN and Entry Level qualifications ready for their next steps beyond Pencalenick.

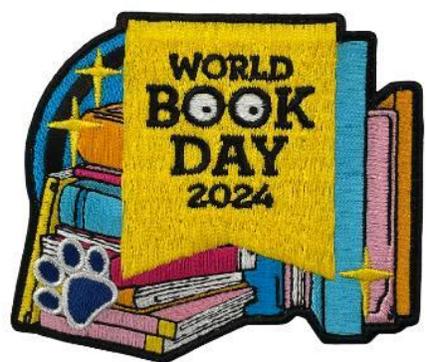


Budehaven ARB

Budehaven students and staff had lots of fun celebrating World Book Day this year.

Students had to recommend a book for others to read and explain what they liked about it.

Staff joined in the fun by dressing up as pirates, goblins, Oliver Twist, as well as the Artful Dodger.



Heligan Class

Once again, it's been a busy half term in Heligan Class. We started off this half term finding out about the #Showthelove campaign where we made and decorated green hearts to encourage people to think about the environment and the things we love in nature. We have been out and about looking for signs of spring both on the school grounds and out in the community. We visited Truro to choose and purchase our books as part of World Book Day and we've been working hard on developing our functional literacy and numeracy.

For the second half of our inventor's topic this term we focused on inventors linked to Cornwall and Cornish industry and linked to this we have visited the Royal Cornwall Museum and explored items from the past and measured ourselves against the Cornish Giant! We had a look at the One and All exhibition exploring what it means to be Cornish. We also celebrated World Down Syndrome Day by wearing socks that were all different, just like us, we decided that all being different makes the world a much more interesting place



Brannel ARB

In cooking, we have been using our skills to make pizza dough and explored new tastes and textures when selecting our individual toppings... Yummy!

This half term we have been finding out all things Prehistoric in Art. We designed Prehistoric drawings using charcoal and built a cave, which we have enjoyed playing in.

Our Ice-Skating session at the Eden Project was brilliant fun and enjoyed by all. The pupils and staff showed courage and resilience with some very wobbly moments.

In support of World Down Syndrome Day, the ARB took part in the 'Lotsofsocks' challenge wearing odd socks, crazy socks, bright or interesting socks to school for the day raising awareness of Down Syndrome and the challenges of stereotyping people with disabilities.



Bedruthan Class

In addition to studying and writing about Gothic horror in English and ratio and numbers in Math's, we have also been exploring various career options in PSHE. Pupils took an online aptitude test and considered their interests and strengths. We also focused on team-building exercises. Furthermore, we delved into Cornish history and looked at ancient sites. We've explored fitness goals and badminton during PE and studied both "openings" and Aboriginal styles in our art lessons.

Transition- Our year 11's continue their very successful transition to college and our year 10s will start visiting colleges that they might attend in the summer term, year 10 parents please let me know your preferred placements!

Celebration- Well done to the whole class who achieved their silver certificate for positive behaviour. Another well done to Logan Murray for his achievements in Sheffield and becoming England National Junior Para Champion! Also, Jamie Burns and the St Austell Town Youth Band who came third at the Youth Band National Finals....Well done all, we are very proud!



Eden Class

This half term Eden have yet again been super busy. They have been covering reading, writing, letters and sounds, poetry and rhyme. Calculations and measure, Sikhism, states of matter, WWII, independent living and living in the wider world. They enjoyed a trip out to Waitrose to practice using money and have been taking part in regular calming and regulation practices such as yoga and meditation. To complete the term, they are meeting their new teacher and taking a trip to 'The Blitz' at Flambards.



PIC•COLLAGE

Crantock Class

This half term Crantock have been busy getting hands on with plenty of jobs and lifeskills. We have been regularly visiting cafes to re-enforce positive interactions with new people and to choose things we like to spend our money on. In English we have been learning about rhymes and we are beginning to write our own poems. We have really enjoyed learning about measure and capacity in maths and have spent time using the scales and the water jugs. Crantock have also been keeping a close eye on our bug hotels that we made when learning about habitats. Next half term we will be continuing to visit cafes so please ensure that you have sent in money on a Friday.



Trebah Class

This half term Trebah Class have been learning lots in our lessons. In PSHE we have been learning about our emotions.

We went to Pendennis Castle as part of our history lesson, we learnt about how the castle was used during the war.

As a class we went to the park and ride to McDonalds where we had brunch. We all used the self-service kiosks and enjoyed our treat.

We have also been very creative in class, making a model of all things Harry Potter out of Lego and building out of cardboard. We also took part in Comic Relief activities. Happy Easter from all in Trebah.



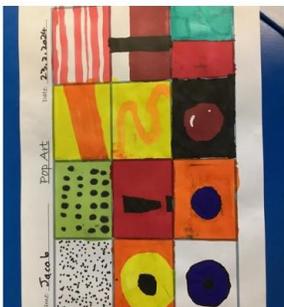
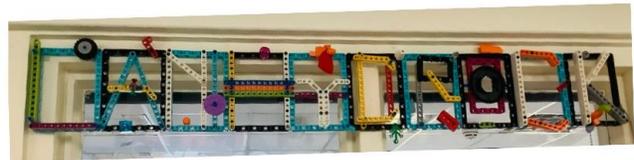
Lanhydrock class

Another successful term for Lanhydrock as our students demonstrated curiosity, creativity, and thoughtfulness.

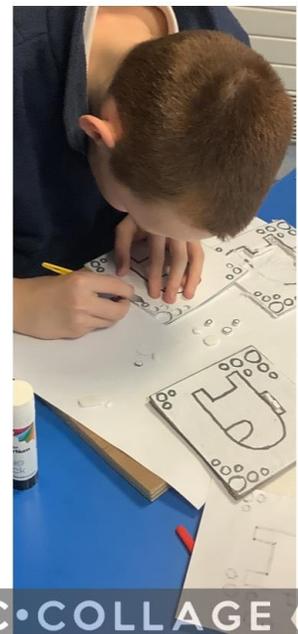
As part of our focus on community, our students undertook a 90-minute sponsored silence, raising over £300.00 for the charity Re-store. We are immensely proud of the students and grateful for all of the generous donations.

We rounded off our studies on Cornish History with a visit to the Museum of Cornish Life in Helston. The students loved poring over the many historical artefacts and, of course, enjoyed the subsequent trip to Helston Boating Lake.

Finally, the students are culminating a term-long project on Pop Art with their own A1 block print, inspired by the famous Pop Artists. Have a wonderful Easter, everyone!



PIC•COLLAGE

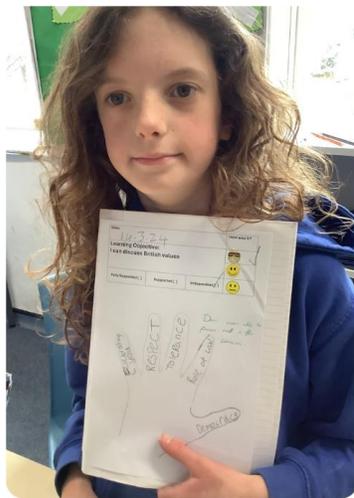
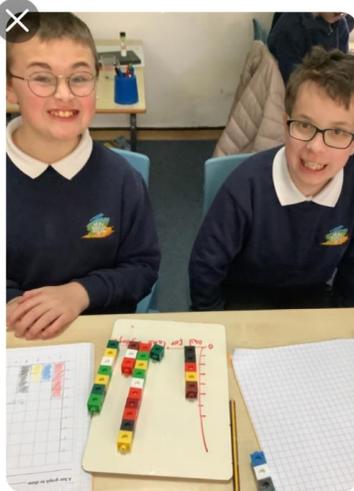


PIC•COLLAGE

Trelissick Class

Trelissick have had a very busy spring term. The students have enjoyed learning about the Tudors and the fate of Henry VIII's 6 wives. Each week they have all thoroughly enjoyed swimming and are sad it is coming to an end. We have had fun designing our own surveys in math's and carrying out group science experiments.

All the students have really bonded this term and there have been lots of lovely interactions between the children, Uno and football have been a real hit!



Falmouth ARB



We've celebrated World Book Day.

We've made Pasties and learnt Cornwall My Home with sign.

We've been exploring nature through weekly Forest school.

We've been to Lappa Valley experiencing trains in the rain.



Sennen Class

We have been learning about the second world war and had a lovely trip with Trebah Class to Pendennis Castle. While we were there, we looked at the canons around the castle and the guns in the defence battery.

In math's we have been exploring measuring, what tools to use and how to read and count centimetres and metres. In English we have been looking at poetry. For our art lessons, we have delved into some aboriginal arts and even made our own dot paintings, very therapeutic. In science we have learnt about hot and cold habitats and which animals live in them and why. Great work Sennen.



Towan Class

Towan have had a fantastic term learning lots of new things. We have really focused on our handwriting and reading - everybody has demonstrated progress. The boys have really enjoyed PE this term where they have been working on a game called Boccia and Kurling - a game invited in Scotland and associated with the winter Olympics. I think the highlight of the term for the boys has been learning all about the key events of World War Two. We have watched firsthand footage which we found fascinating. After the well-deserved Easter break, we have lots of new and exciting topics to get our teeth into!



Trerice Class

The school reports will outline some of the learning that has taken place in Trerice this half term, so for now I would like to leave you with these pictures depicting some of the fun that we have had together.

Have a lovely Easter.



Logan Murray- Pencalenick's Amazing Athlete

As a school we have been following Logan's amazing achievements in Athletics and would like to share his success with you all.

Logan has won 4 Golds and is National Champion in Javelin, Long Jump, Shot and Discus.

He has now been the National Champion for Long Jump, Shot and Discus for two consecutive years!

He is the Welsh National Indoor Junior Champion, 3 Golds in Long Jump, 60m and shot.

Logan is now England National Indoor Para Junior Champion achieving Gold in Shot, Silver in 400m and Bronze in Long Jump

Congratulations to Logan on all his achievements so far, we are all very proud of you and wish you all of our support for the future!



Boarding

It's been another busy term in the Boarding department with some new pupils joining us, a big Welcome to Joe, Jack and Tegen. We now have 26 pupils who stay for different periods of time throughout the week. Next term we will be welcoming some more pupils to come and experience what the provision has to offer.

We've continued with our activities in the gym although our cricket hasn't really improved...and we recently tried Perranporth's very own Treasure Trail. The trails consist of an information pack with a story and a series of clues to follow to solve a mystery. There are a number of them, and they are set in various locations around Cornwall. It's a fun way of getting out and everyone gets some exercise without realising they are getting some exercise!

We also had some wonderful evenings at various beaches throughout Cornwall. Aren't we so lucky to live here!!

The Art room continues to be popular, and we now have quite a Gallery in there.

This term we reintroduced our Dining around the World option. The Boarders met and came up with some suggestions about which cuisines they would like to try. So far, we have had a Chinese meal to celebrate Chinese New Year and Italian night with a very nice strawberry pannacotta for dessert, Thanks Mike! The next stop is the USA for American Diner night.

Some of the Boarders achieved their ASDAN awards so well done to them. The department offers the pupils the chance to do up to 8 awards in a range of topics which provides them with nationally recognised accreditation.

After the Easter holiday it will be full steam ahead for the Jubilee challenge for those pupils who are taking part.



Orchestra

On Friday the 8th of March the Pencalenick Open Orchestra had the opportunity to do a workshop with three associate musicians from the Bournemouth Symphony Orchestra. The orchestra worked together with the musicians to create a piece of music to perform to the whole school! The Pencalenick Open Orchestra worked together brilliantly during the workshop and also for the performance and the audience thoroughly enjoyed the assembly. Well done Pencalenick Open Orchestra!



D of E

Some of the students have begun working on their expedition framework. They have done some emergency first aid, and next will be looking at outdoor cooking and map reading.

The volunteering section begins after the Easter break with most of the students undertaking litter picking within the community.

Lego League

On Wednesday, 13th March, Samson, Terry, Luke, Alfie, Oscar, and Ben represented Pencalenick at the Cornwall Regional Lego League finals – a robotics and engineering competition. Their many months of preparation came to fruition as they excelled in the robot game and delivered a wonderful presentation about their coding journey and their innovation project.

The students enthusiastically engaged with the numerous STEM exhibits and returned with new skills, a heightened enthusiasm for coding, and precious memories. We are incredibly proud of how they represented our school; they were a true credit to themselves. Well done, all!





Comic Relief: Red Nose Day

This Red Nose Day we raised an amazing £245, smashing our initial target of one hundred pounds.

A massive thank you to everyone who donated £1 for our 'wear red day', and thank you to each class who made biscuits, cakes, and flapjack to sell on Red Nose Day. A particular thank you to Pencarrow class who helped with icing, setting up and selling on the day. We raised almost £100 at the bake sale which is amazing. Well done everyone.



Safeguarding

School Website

Don't forget that you can find information all around safeguarding and attendance on our school website.

Pencalenick School - Safeguarding
Pencalenick School - Reporting Absence



Helpful leaflets and information



The Prevent agenda

Information for parents

What is the PREVENT agenda?

PREVENT is part of the government strategy to safeguarding vulnerable people from becoming terrorists or supporting terrorist activities.

PREVENT covers all forms of extremism including extreme right wing, single agenda, and violent Islamic themed groups.

How does PREVENT apply to schools?

From July 2015 all schools have a duty to safeguard children from the risk of exploitation by extremists, much in the same way we safeguard children from drugs or gang violence involvement.

Key terms

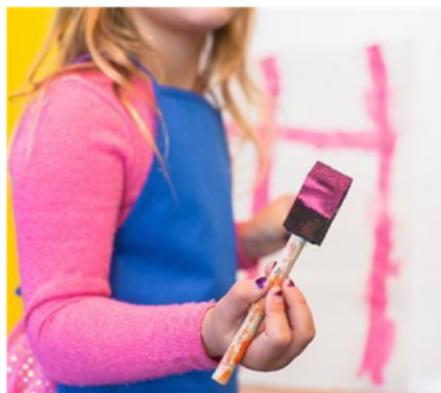
Extremism – vocal or active opposition to fundamental British values such as democracy, the rule of law, and tolerance

Ideology – a set of beliefs

Terrorism – a violent action against people or property, designed to create fear and advance a political, religious, or ideological cause

Radicalisation – the process by which a person comes to support extremism and terrorism

Call 101 to report any concerns. All calls are dealt with sensitively and you can ask to speak with a Prevent officer. Call the team directly during office hours on 01392 225130 – please allow for the call to ring through to the answerphone as it calls our different offices in turn.



Contact the school

If you have any questions or concerns about the PREVENT agenda and what it means for your child, please do not hesitate to contact the school office.

Our designated WRAP lead is:
Diana Barry

Read our policies:

You will find more details [about radicalisation](#) and extremism in our policies, available on our website.

To find out more about how to help someone close to you visit actearly.uk

Call the national police Prevent advice line **0800 011 3764**, in confidence, to share your concerns with our specially trained Prevent officers. The advice line is open 9.00am to 5.00pm every day.

Members of the public can call **101** to report any concerns. All calls are dealt with sensitively and you can ask to speak with a Prevent officer if you prefer.

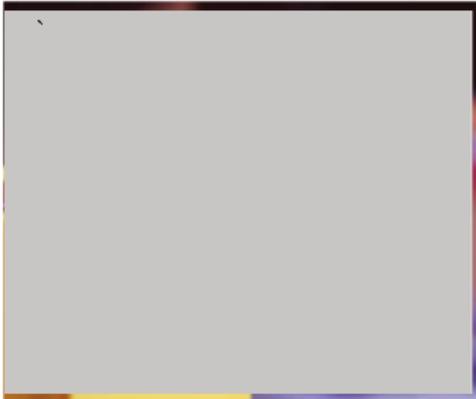
Alternatively call our team directly during office hours on **01392 225130** – please allow for the call to ring through to the answerphone as it calls our different offices in turn.

If there is an immediate threat to life always dial **999**.

What does this mean in practice?

Many of the things we already do in school which help children become positive, happy members of society also contribute to the PREVENT agenda. These include:

- exploring other cultures and religions, and promoting diversity
- challenging prejudices and racist comments
- developing critical thinking skills
- promoting the spiritual, moral, social, and cultural development



of pupils including promotion of British values

- awareness raising and developing critical thinking around the online space

We also protect children from the risk of radicalisation in other ways including using filtering on the internet or by vetting visitors who come to the school to work with pupils.

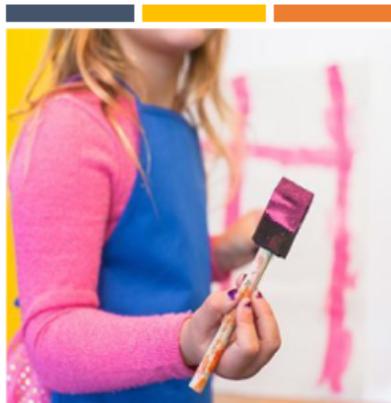
Frequently asked questions

How does PREVENT relate to British values?

Schools have been required to promote British values since 2014, and this will continue to be part of our response to PREVENT.

British values include:

- democracy
- the rule of law
- individual liberty
- tolerance for different faiths and beliefs



Isn't my child too young to learn about extremism?

The PREVENT agenda is not about discussing extremism itself but it is more about teaching children values including tolerance and mutual respect, particularly with younger children.

The school will make sure any discussions are suitable for the age and maturity of the children involved.

External resources

Below are some useful links:

Stop Hate Crime <https://www.report-it.org.uk/home>

UK government: foreign travel advice <https://www.gov.uk/foreign-travel-advice>

We are asking anyone who has concerns about online content to report it by clicking the [STOP Terrorists' & Extremists' Online](#) button.

Victim care <https://www.victimcaredevonandcornwall.org.uk/>

Devon and Cornwall police

[Prevent | Devon & Cornwall Police](#) ([devon-cornwall.police.uk](https://www.devon-cornwall.police.uk/))

[Prevent and radicalisation - Safer Cornwall](#)

 SPACE (Supporting parents and children emotionally) is a free program for parents or carers who want to better understand their children's emotions, as well as their own.

Our next online course starts on Thursday, Feb 22.

 Register your interest  <https://orlo.uk/SPACE> Course Ijgad



The Best Start in Life Team
invites you to register
your interest in...

SPACE **Supporting parents
and children emotionally**

A new messaging service called ChatHealth has been launched in Cornwall and the Isles of Scilly, connecting children, young people and their families with health visitors and school nurses.

You can text the service about a variety of topics and get a call back within 48 hours on topics including:

- Sleep
- Child development
- Support with behavior.
- Toileting
- Feeding and nutrition
- Keeping safe and healthy
- Childhood illnesses and support with medical conditions at school
- Emotional, mental health and wellbeing
- Relationships
- Smoking and vaping
- Drugs and alcohol

There are three dedicated numbers which operate Monday to Friday from 9am to 5pm (excluding bank holidays):

Young people aged 11-19 can text **07312 263 096**

Parents or carers of children aged 0-5 can text **07312 263 423**

Parents or carers of children and young people aged 5-19 can text **07312 263 499**

When you send a text message, you'll get an automated reply confirming your message has been received. A trained healthcare professional within the health visiting or school nursing teams will be in touch within 48 hours.

<https://www.cornwall.gov.uk/chathealth...>

**ChatHealth
Parent Line 0-5**



07312 263 423

**ChatHealth
Parent Line 5-19**



07312 263 499

**ChatHealth Young
People 11-19**



07312 263 096



ChatHealth
Cornwall and the Isles of Scilly

www.cornwall.gov.uk/chathealth

Get
confidential
health and
wellbeing advice
and support

Dear Parent/carer,

RE: NSPCC's *Speak out. Stay safe.* SEND/ASN/ALN programme

I am pleased to inform you that we are participating in the **NSPCC's *Speak out. Stay safe.* programme** for children with additional needs and disabilities this term. Starting with the Mental Health week and Safer Internet Day this week.

This child friendly programme which we have reviewed is made up of 6 sessions. It supports children to understand what abuse is and helps them feel supported and able to talk to safe adults if they are sad or worried about anything.

If you would like to know more about the *Speak out. Stay safe.* program, please visit www.nspcc.org.uk/speakout.

Additional NSPCC resources for families to help keep children safe

The NSPCC have shared some important information below on wider NSPCC resources and support to help keep children safe.

<p>Parent/Carer support Take a look at information, support, advice and activities from NSPCC for parent and carers. www.nspcc.org.uk/parents</p>	<p>Activities to extend learning at home Take part in games and activities at home to help children learn about speaking out and staying safe. www.nspcc.org.uk/activities</p>
<p>Online Safety Hub We have worked with Ambitious about Autism and parents and carers who have children with additional needs and disabilities to create activities to help talk about online safety. https://www.nspcc.org.uk/send-onlinesafety</p>	<p>Childline – under 12's Childline have an accessible website with advice, support, games and activities. Children can change the language, enlarge text and also listen to the content. www.childline.org.uk/buddy (for ages 5-7) www.childline.org.uk/kids (for ages 7-11)</p>
<p>Talk PANTS with your children Talk PANTS is a simple conversation to help keep children safe from sexual abuse. From P through to S, each letter of PANTS provides simple but important messages. Download the free resources at www.nspcc.org.uk/pantsguides</p>	

I hope you find this information about the NSPCC and the *Speak out. Stay safe.* Program helpful. Please do contact me if you have any further questions.

Yours sincerely,
Diana Barry
Interim Designated Safeguarding Lead
Behaviour Lead

FREE NSPCC Online Safety Workshops for Parents & Carers



The NSPCC is running a series of **Online Safety Workshops for Parents & Carers** throughout the Spring Term on Zoom until the end of March.

The workshops are 1 hour and will help parents and carers to find out about:

- What children and young people are doing online
- Parental controls
- What the risks are for young people in terms of what they see, do and who they meet online
- How to manage these risks as a parent/carer
- Sources of help and support
- Grooming
- Online Bullying
- Social media
- Mental health and wellbeing
- Gaming

For more information and to request joining details please email parentworkshops@nspcc.org.uk

If you would like to arrange for parents/carers from your setting or community to attend, please include in your email your preferred date(s). We ask that a lead professional from your setting is also present on the training, so that you know who has attended and can follow up as relevant afterwards.

Date	Time
Tuesday 30 th January	6-7pm
Monday 12 th February	7-8pm
Monday 26 th February	7-8pm
Wednesday 13 th March	5-6pm
Tuesday 26 th March	6-7pm



Online safety is a whole community issue; Pencalenick School is offering a session on **Friday 23rd January 2024 at 10:30 with Danny Barry, Safeguarding and Behaviour Lead**

produced by Childnet to provide parents and carers with an overview of online safety, the issues that children and young people face online and some practical advice on how to support young people online. This includes information about sites for reporting inappropriate content.

What is bullying?

Bullying is any behaviour by an individual or group that:

- Is meant to hurt.
- Happens more than once.
- There will be a pattern of behaviour, not a one off incident.

- S** Several
- T** Times
- O** On
- P** Purpose



- S** Start
- T** Telling
- O** Other
- P** People

CONFLICT VS BULLYING

Understand the difference

Conflict:

- A Disagreement or Difference of Opinion
- An Inevitable Part of Group Dynamics
- Equal Power Between Those Involved
- Usually an Isolated Incident/Occasional
- All Involved Make An Effort to Resolve the Situation

Bullying:

- Based on an Imbalance of Power
- The Intent to Harm - On Purpose
- Happens Repeatedly
- Serious - Causes Physical or Emotional Harm
- Does Not Stop When Asked
- Should Always Be Reported**

facebook.com/BulliesOut
@BulliesOut

BulliesOut
www.bulliesout.com

Registered Charity Number: 123070

NSPCC

[Helping Children Deal with Bullying & Cyberbullying | NSPCC](#)

<https://www.nspcc.org.uk/what-is-child-abuse/types-of-abuse/bullying-and-cyberbullying/>

0808 800500

childline

ONLINE, ON THE PHONE, ANYTIME

[Bullying and advice on coping and making it stop | Childline](#)

<https://www.childline.org.uk/info-advice/bullying-abuse-safety/types-bullying/>

0800 1111



Healthy Cornwall

[Anti-Bullying - Healthy Cornwall](#)

<https://www.healthycornwall.org.uk/organisations/healthy-schools/core-themes/emotional-wellbeing/wellbeing-resources/anti-bullying/>



[Advice for parents and carers \(anti-bullyingalliance.org.uk\)](#)

<https://anti-bullyingalliance.org.uk/tools-information/advice-and-support/advice-parents-and-carers>

Proudly part of the Special Partnership Trust



Pencalenick School

BULLYING ADVICE FOR PUPILS, PARENTS AND CARERS

ANTI-BULLYING ALLIANCE

NATIONAL CHILDREN'S BUREAU
Part of the family

What to do if you think your child is being bullied or bullying anyone else?

- ✓ Give reassurance to your child (this is not their fault)
- ✓ Talk calmly about what is happening (even though you may feel upset yourself)
- ✓ Listen and take what is said seriously
- ✓ Let them know you want to help and praise them for telling you.
- ✓ Makes notes of what has happened (who, what, when, where)
- ✓ Do not encourage your child to retaliate.
- ✓ Keep your child involved - it is important that they know what is happening and have a say.
- ✓ Encourage them to report incidents to a teacher or pastoral
- ✓ Talk to the school immediately
- ✓ Reassure your child that the school will deal with the matter sensitively

Please read this guide in conjunction with the school's behaviour and safeguarding policy, which is available on our website.

We are firmly committed to working in partnership with parents and believe that the best outcomes emerge when staff and parents/carers work together.

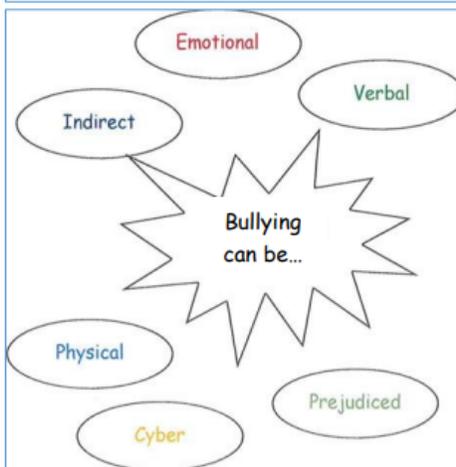
Bullying is not when two people have a disagreement or fall out over something. Bullying can be...

Physical Bullying kicking, hitting, taking things, sexual assault

Verbal Bullying name calling, shouts of abuse, using threatening language

Indirect Bullying spreading rumours, being excluded from groups, intimidation, writing on walls

Cyber Bullying nasty text messages, emails, phone calls and through wide use of technology



If you like to have a confidential conversation with an independent body you can also ring provisions on the contacts list on the back of the leaflet.

Spotting the signs of bullying

You may be unsure if your child is being bullied. It may be helpful to look out for some of the following **changes in behaviour**, which could be an indicator:

- Stress—being moody, silent or crying.
- Making excuse to miss school.
- Upset after using the internet or telephone.
- More bruises or scrapes than usual.
- Withdrawn, anxious, lacking in confidence.
- Torn clothes or things that are missing or broken.
- Poor sleeping.
- Bed-wetting.

Whom to contact about bullying

Please contact your child's class tutor or member of the school's Senior Leadership Team with any concerns.

**Anti-Bullying Senior Lead/
Deputy Designated Safeguarding Lead:**
Jodie Watkins-Young

**Designated Safeguarding Lead/
Behaviour Lead:**
Diana Barry

YOUR GUIDE TO Group Chats

Group chats are a type of communication involving multiple users that happen on most messaging platforms. While they have been around since the invention of online messaging (think chatrooms!), popular use has grown in the last decade.



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HOW DO THEY WORK?

Once a user creates a group chat on a messaging platform, they can:

Choose the name of the group & select a group photo

Set up the sharing and privacy settings

Add other users as members of the group



After the group is set up, users can:

Video or voice call all members of the group at the same time

Message into the chat

Send photos/videos/GIFS/voice notes

Tag other group members in specific messages

Who can be in a group chat?

Anyone can be in a group chat as long as they are a user on that platform. Most platforms have age restrictions (usually 13+) but there are not always robust age verification processes in place.

Why do young people use them?

- Stay connected to friends, family, or teammates.
- Send important information to multiple people.
- Discuss specific interests or events with others.
- Organise meetings for school, work, extracurriculars, etc.

More than 8 out of 10 parents



are concerned their child will be cyberbullied on a group chat.

The Risks of Group Chats

Bullying. Many young people have reported being left out of group chats, experienced bullying within them or have been made fun of in a chat they weren't included in.

Image sharing. Young people may feel pressured to share sexual imagery of themselves. Even if they choose to share an image with just one person, they may lose control if it is shared in a group chat.

Disappearing messages. A function of many group chats which allows users to delete messages or automatically make them vanish after a set time (e.g., on Snapchat) which can present opportunities for bullying or coercion when sharing inappropriate images.

Information leak. Being in a group chat could unintentionally lead to private information being shared, such as mobile numbers or live locations.

Stranger interaction. A young person may not know everyone they are in a group chat with, potentially exposing them to harmful interactions.

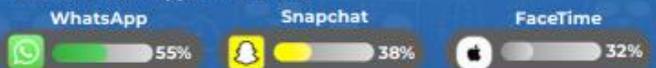
Inappropriate content. If someone sends in something that is inappropriate, it may expose a young person to content they were not prepared to see.

Excessive screentime. Some group chats might be receiving messages 24/7, which could draw a young person's attention at inappropriate times!

When using WhatsApp, images can automatically save to the user's camera roll, unless adjusted in the settings. This may lead to young people unintentionally possessing harmful or illegal images by default of someone else sending them into a group chat.

Group messaging functions exist across various social media and gaming platforms. The most common way 3-17-year-olds interact online is through communicating via messaging/video platforms.

The most used apps for this are:



The most important thing you can do for a young person is to ensure they know who their trusted adults are and that they can always talk to them without fear of consequences. Here are some other preventative steps that you can take:

- Ensure they understand what information should be kept private.
- Talk about appropriate behaviour towards others online.
- Discuss the risks of sharing nude or semi-nude images.
- Enable and review privacy settings together - use our Safety Centre to help!
- Teach how to block, mute and report other users or chats.
- Adjust auto-saving settings on WhatsApp.
- Set family rules and screentime limits on devices.

If a young person does seek your help...

- Listen and reassure them that they have done the right thing.
- Include them in any decisions that follow.
- Screenshot evidence of bullying as soon as possible.
- Only ban the use of the platform where necessary for their safety.
- Involve parents or relevant staff if children are at risk.
- Contact organisations who can help.
- Do not respond directly to harmful or hurtful messages.
- If you believe a child is in immediate danger, contact the police without delay.

SOS

NEVER SCREENSHOT AN INDECENT IMAGE OF A CHILD!





LET'S GET CORNWALL SIGNING LIVE SHOWS



14th & 15th
June
2024



MAKASONG MAKATON SIGNING CHOIR

SPECIAL GUESTS...

Suzanne (MBE) from Singing Hands and a patron of the Makaton Charity is coming to Cornwall to perform with our very own Saskia Dady from TalkmoreCornwall CIC.



TIMES

Friday 14th June 2024
10:30-11:30 and 1:30-2:30 Education groups
EVENING SHOW "POP PARTY" 6-8pm

Saturday 15th June 2024
11-12 Community Family show

WHERE

The Key Theatre,
St Austell PL25 4DJ

COST

Prices are from £6 per ticket.
Please see our website and
socials for more info.



For all bookings go to.
<https://www.ticketsource.co.uk/keay-theatre/e-yggram>
For all enquiries go to our websites and socials!

01726 226404

www.talkmorecornwall.co.uk

www.choose-nature.co.uk

Caring for children with COUGHS

This leaflet contains information about how to look after a child who has a cough (not due to asthma). For more detail see www.bristol.ac.uk/child-cough



DISTURBED SLEEP

Coughs will often wake your child in the night. When the child lies down, more of the mucus from the nose and throat runs downwards and your child coughs more to clear it.

Coughing is part of the body's defence system which helps keep the lungs clear and fight the illness. Unfortunately this can wake the child in the night but does not mean the illness is more severe.

For children over 1 year, a spoon of honey (perhaps in a warm drink) half an hour before bed may help them to wake less often.

For children over 2 years, vapour rubs (containing camphor, menthol and/or eucalyptus) may help children sleep better.



FEVER/HIGH TEMPERATURE

In children, a temperature of over 37.5°C is considered a fever.

Fever is a normal response to illness and does not harm children. It may even help to fight illness.

Children with a high temperature may be more likely to have a more severe illness, although most do not. Occasionally a child may have a fit. This shouldn't cause harm and treating the fever doesn't prevent it.

It is safe to use child paracetamol and ibuprofen to manage children's fever (and pain) for as long as needed. Follow the dosage on the bottle.

DRINKING/EATING LESS

Children often eat and drink less when they have normal childhood illnesses. Most children can go a few days without eating much and this will not affect their longer term growth and development.

All children need to drink regularly to avoid becoming dehydrated, especially if they are vomiting.

To help prevent dehydration, encourage your child to have sips of water.



COUGH

Coughs can last for 3-4 weeks and make your child feel quite unwell but will still get better by themselves.

'Noisy chests' or 'chesty coughs' are quite common when young children catch a cold and are not necessarily a sign of a 'chest infection'.

Healthy children typically get a cough 7-10 times a year and this is not a sign that there is anything wrong with their immune system.

WHEN TO SEE THE DOCTOR Arrange to see or speak to your doctor today if any of the following occur:

RAPID OR DIFFICULT BREATHING (DEPENDING ON AGE):

AGE OF CHILD	BREATHING RATE
Babies under 6 months	over 60 breaths per minute
Babies 6-12 months	over 50 breaths per minute
Children over 1 year	over 40 breaths per minute
Any age	Being short of breath (as if your child has been running) or is 'working hard' to breathe when resting
Any age	Skin between and below the ribs gets sucked in each time your child takes a breath

HIGH OR PERSISTENT FEVER (DEPENDING ON AGE OF CHILD):

AGE OF CHILD	TEMPERATURE
Babies under 3 months	38°C or more
Babies 3-6 months	39°C or more
Children over 6 months	over 37.5°C for more than 5 days
If your child has a fever fit, call 999 or take them to A&E.	

VOMITING (DEPENDING ON AGE):

AGE OF CHILD	SYMPTOMS
Babies under 3 months	Vomiting + fever of 38°C or above
Babies 3-6 months	Vomiting + fever of 39°C or above
Children over 6 months	Vomiting + fever + extremely drowsy or listless
Any age	Severe vomiting (child not able to hold down fluids for 8 hours or showing signs of dehydration)
Any age	Persistent vomiting (more than 2 days)

SKIN PALER THAN USUAL

If your child appears much paler than usual; hands and feet are very cold while their body is warm. **If skin, lips or tongue appear blue, call 999.**

PAIN

Pain in the chest (not when coughing) combined with fever and rapid breathing.

HARD TO WAKE / UNRESPONSIVE

Cannot be woken or wakes only slightly and then immediately goes back to sleep.

If your child wakes only with lots of stimulation, or is much less responsive to social stimulation (smiles and talking) than usual.

NOT FEEDING

Babies under 1 year: if your child stops feeding entirely.

