



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 21st November 2025

Congratulations to Our Netball Team!



A huge well done to our brilliant netball team, who came a very respectable 4th place when competing against schools from all over Cornwall in the Peninsula League. The team showed great teamwork, determination and sportsmanship throughout the competition, and we are incredibly proud of them.

Well done, team you represented our school wonderfully!



Touch Rugby Tournament



Our rugby team took part in the Penryn Partnership Touch Rugby Tournament today, winning 7 out of 9 matches and finishing third overall. It was a fantastic team effort and a brilliant day from start to finish!

Colder Weather Reminder

As the weather turns colder, please could you make sure your child comes to school with a warm coat each day. We want all our children to feel comfortable and cosy when they're outside during playtimes. Thank you.

Thank you for Coming to Parent Teacher Meetings!

A big thank you to all the parents and carers who joined us for parent-teacher meetings this week. It was lovely to see you, and we really appreciate you taking the time to chat with us about how your children are getting on. These conversations make such a difference, and your support means a lot to us. If you couldn't make it or need to catch up on anything, just let your class teacher know.

Important Notice: ParentPay Meal Bookings

We've been informed by Chartwells that, due to menu changes for the week beginning **24/11/25**, all pre-booked meals have unfortunately been removed from the system. This means that parents will need to **rebook lunches for that week**, as well as the remaining weeks leading up to Christmas, including **Christmas Dinner**.

Please could all parents check their child's ParentPay meal bookings and rebook anything that's missing.

We're really sorry for the inconvenience and appreciate your understanding.

Hatchbox Photo Order

If your child was in school on school photo day this term & you are yet to see a QR code slip, from your youngster, to access your private gallery - please use our "contact us" link to give us your child and school name be verified & receive a link to your gallery

Contact HatchBox Photography and Find My Photos from School Photo Day
OR

email photos@hatchboxphoto.co.uk with the school name, the name of your child and class group, if known and we can send you a link.

Just a reminder that the deadline for free delivery and discount coupon, expires this weekend, so we wanted to give all parents the final possible chance to view and order.

As always parents can contact me as above with any queries or questions.

Parents will still be able to order after the deadline but will be subject to postage and packing charge for home delivery, all clearly explained in the webshop at checkout.

What Parents & Educators Need to Know about Screen Addiction

It can be challenging for parents and carers to know whether children are spending too much time on their digital devices. It's even more of a conundrum to decide whether a child is just deeply engaged with the internet and social media, or genuinely addicted to it. As technology becomes more pervasive in all of our lives, many children and young people in particular are beginning to experience tech-related dependencies. As trusted adults, do we have the right knowledge to identify and support children and young people who might be developing an addiction to their devices?

In this guide, you'll find tips on avoiding potential risks such as damage to health and wellbeing, app addiction and a lack of sleep.

At National Online Safety we believe in empowering parents, carers and trusted adults with the information they need to help a child or young person stay safe online. Please visit www.nationalonlinesafety.com for further guides, hints and tips for adults.

It can be challenging for parents and carers to know whether children are spending too much time on their devices. Furthermore, it's even more of a challenge to know whether a child is addicted to the internet and social media. As technology is becoming more pervasive, children and young people are experiencing tech-related dependencies. Do we as parents and carers have the knowledge to identify and support children and young people who may be developing an addiction to their devices?

47% of parents said they thought their children spent too much time in front of screens

What parents need to know about SCREEN ADDICTION

HEALTH & WELLBEING

Children as young as 13 are attending 'smartphone rehab' following growing concerns over screen time. There are now help centers in the UK which deal with screen addiction for children and adults, showing the seriousness of device addiction. The World Health Organisation (WHO) has officially recognised gaming addiction as a modern disease. The condition was confirmed as part of their International Classification of Diseases (ICD) which serves as an international standard for diagnosing and treating health conditions.

LACK OF SLEEP

7 out of 10 children said they had missed out on sleep because of their online habits and 60% said they had neglected school work as a result. It is important that children get the sleep they need in order to focus the next day.

LOSS OF INTEREST IN OTHER THINGS

Your child may become less interested in anything that does not include their device. You may notice that your child is missing school time and generally being less engaged with other activities in the home. It is important to discuss this with your child as soon as you notice a behaviour change.

CONFIDENCE, SUPPORT & ADVICE

The Children's Commissioner report 'Life in Likes', explored how children aged 8-11 are using social media today. It showed that children are using their devices to speak to their online friends about their problems and seek acceptance and support, removing face to face interactions.

APPS CAN BE ADDICTIVE

Apps have been designed with 'psychological tricks' to constantly keep grabbing your attention. One example of this is on the app Snapchat, where you can gain 'streaks' when interacting with your friends. If you don't respond, you lose the streak. This addictive nature of apps aims to engage children and keep them coming back for more.

Top Tips for Parents

LIMIT SCREEN TIME

In today's digital age, technology is an important part of a child's development so completely banning them from their devices will mean they are missing out on a lot, including conversations and communication with their friends. Rather than banning them from using their devices, we suggest setting a screen time limit. Work out what you think is a suitable and healthy amount of time for your child to be on their device per week. Remember that your child may need to use devices for their school homework so only screen limits on recreational time on their device. Once you have established this, have a conversation with them to discuss why you are implementing a screen limit. There will be others in your child's friendship group who will not have screen limits set and will be sending messages when they do not have access to their phones.

LEAD BY EXAMPLE

Children model their behavior on their peers, so if their parents are constantly on their device, they will see this as acceptable. Try limiting your own screen time and follow the same rules you have set for them. If you have asked your child to not use their device at the table, make sure you don't. Try setting house rules that the whole family abide by.

LESS TIME MEANS LESS EXPOSURE

There are many risks associated with devices, such as cyberbullying, grooming, sexting, viewing inappropriate content etc. Less time spent on a screen means that a child will be less exposed to these risks.

REMOVE DEVICES FROM THEIR BEDROOM

Setting a rule about removing devices from bedrooms will help your child to get the sleep they need and be more focused the next day at school. 30% of teenagers said that they wake up to check their social network accounts on their devices. Even by having a device switched off in their bedroom, they may be tempted to check for notifications.

ENCOURAGE ALTERNATE ACTIVITIES

It may seem like an obvious solution, but encouraging children to play with their friends, read a book, or playing outdoors will help them realise they can have fun without their device. Playing football, trampolining, camping, going for a walk or swimming are all healthy replacements for screen time. Try to join them in their Outdoor activities to show your support.

MOBILE-FREE MEAL TIMES

Have you tried to settle your child by giving them a tablet at the dinner table or restaurant? It may seem like a quick fix to calm them down but in reality, it is encouraging them to use their device as a distraction from conversation and dealing with their emotions. We suggest removing all technology from the dinner table and having conversations with your family about how their day has been.

STATISTICS

52% of children aged 3-4

go online for nearly 9hrs a week

82% of children aged 5-7

go online for nearly 9.5hrs a week

93% of children aged 8-11

go online for nearly 13.5hrs a week

99% of children aged 12-15

go online for nearly 20.5hrs a week

© 2018 and 2019, Parents, Kids and Millennials report 2018

FOOTNOTES:
 1. <https://www.parentsandkids.co.uk/news/parents-and-kids-report-2018>
 2. <https://www.parentsandkids.co.uk/news/parents-and-kids-report-2018>
 3. <https://www.parentsandkids.co.uk/news/parents-and-kids-report-2018>
 4. <https://www.parentsandkids.co.uk/news/parents-and-kids-report-2018>
 5. <https://www.parentsandkids.co.uk/news/parents-and-kids-report-2018>
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 23. <https://www.parentsandkids.co.uk/news/parents-and-kids-report-2018>
 24. <

Key Dates to remember 2025/2026

<u>Date</u>	<u>Event</u>
2025	
28 th Nov	Lantern Making for Parade
4 th Dec	Christingle Service
9 th Dec	KS1 Nativity 2-3pm
10 th Dec	KS1 Nativity 6-7pm
16 th Dec	KS2 Candlelit Carol Service 6-7pm
2026	
5 th March	World Book Day
23 rd -27 th March	Parent Teacher Meetings
17 th – 19 th June	Year 4 & 5 Camp to BF Adventure
24 th -26 th June	Year 6 Camp to Porthpean
3 rd July	Sports Day
10 th July	Sports Day (reserve day)

Term Dates 2025/2026

<u>Date</u>	<u>Event</u>
2025	
22 nd Dec – 4 th Jan	Christmas Holidays
2026	
5 th January 2026	Return to school
16 th – 20 th Feb	Spring Half Term
23 rd February	Return to school
3 rd -17 th April	Easter Holidays
20 th April	Return to school
4 th May	Bank Holiday Monday
25 th – 29 th May	Summer Half Term
1 st June	Inset Day 3
2 nd June	Return to School
21 st July	Last Day of School
22 nd July	Inset Day 4
23 rd July	Inset Day 5

CHRISTMAS EVENTS

Christmas Dinner – Wednesday 17th December

Our school Christmas Dinner will be served on **Wednesday, 17th December**. You can now book this festive meal through ParentPay. Please book as soon as you can so our kitchen team knows how many children to cater for. Thank you!

Secret Santa

The much loved and exciting Secret Santa (one of the favourite events of the year!) will soon be here - 12th December.

Thank you to everyone who has kindly donated gifts so far. We are still very low in comparison to other years and would really love for each child to be able to buy for two family members at the very least.

Please keep your unwanted gifts or items (in good condition) coming in, it makes this special event all the more magical and it's hugely appreciated!



Family Christmas Lantern Making

More lanterns I hear you say!?

If you would like to make a paper Christmas lantern and to be part of the Mawnan Christmas Lights switch on this year we will be offering a fun crafty workshop in school to come and make your own leaf lantern.

You can come along with your children after school **on Friday 28th November** and make a lantern which you can then take with you and bring to the Parade on 5th December.

(Children that made the beautiful lanterns in wraparound yesterday are welcome to bring those to the parade too! The more the merrier!)

You will need to bring with you :

- a cylinder shaped cheese box for each lantern you want to make (camembert/dairy Lea box etc.),
- some collected autumnal leaves/pressed flowers/seed heads to decorate
- some greaseproof baking paper (pale/white colour is best - 60cm or so)

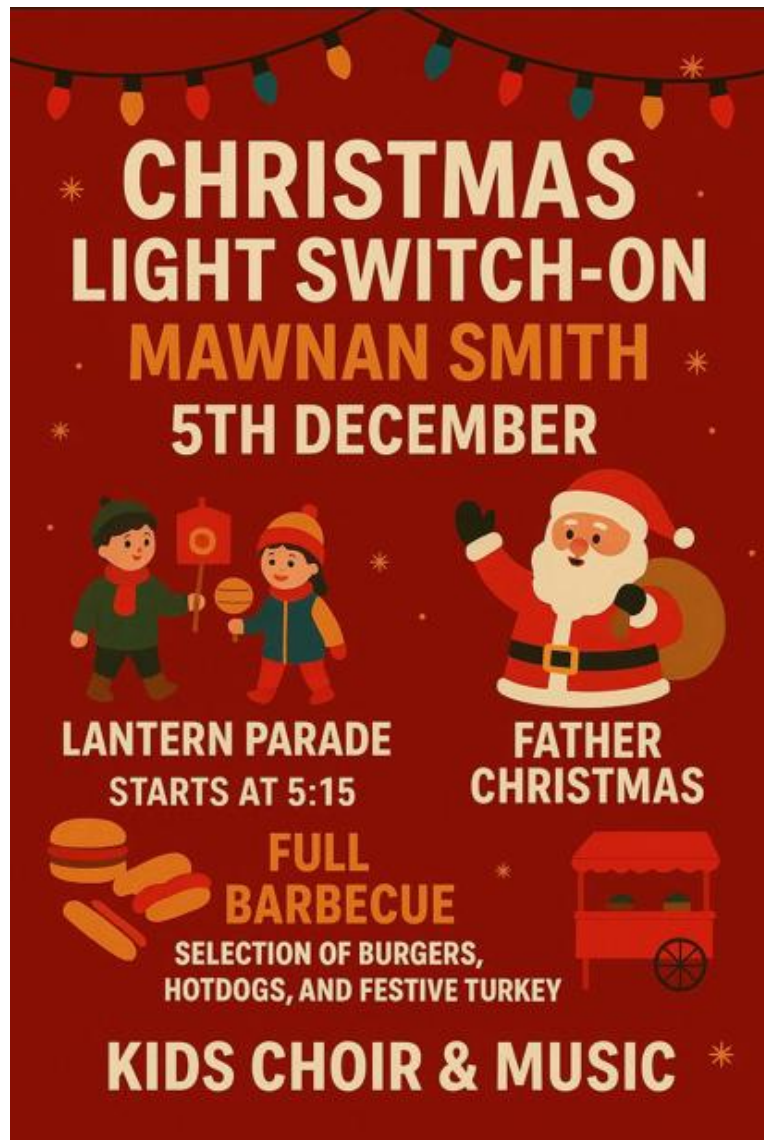
Please note children must have an adult with them to help with their making! Better get cheese eating and leaf collecting!

If you cannot attend but would like to make a lantern at home we can share the instructions.

Mawnan Smith Christmas Light Switch-On ✨🎄

Join us for a magical evening of festivities down in the square in Mawnan Smith on Thursday 5th December!

The fun kicks off from 5:15pm with the Children's Lantern Parade starting at St Michael's Church, making its way down to the square where the children will sing a few songs around the Christmas tree.



Enjoy an evening packed with festive cheer we've got:



A special visit from Father Christmas (arriving in a brand-new way this year!)



Festive music and a kids' choir



A full barbecue with local hotdogs, sausages, burgers, and festive turkey & stuffing rolls



Mulled wine and mince pies from the lovely WI



Candy floss, Pick & Mix, face painting, and a drinks tombola



Plus lots more festive fun for the whole family!

We encourage everyone to bring cash, but card readers will also be available this year.

Come and celebrate the start of the Christmas season with us it's going to be a brilliant community night filled with lights, laughter, and festive spirit! ❤️



PINS Coffee Morning
Mawnan School
28 November 2025
9 - 10.30
All Welcome

