



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 24th January 2025

Youth Speaks

It is with immense pride and pleasure that I share with you the remarkable achievement of our Youth Speaks Team at yesterday's Rotary Club inter-school competition. Our talented trio, comprising Bow, Molly, and Isla, delivered an eloquent and thought-provoking speech entitled "Writing for pleasure – a dying art?"

The team's performance was nothing short of exceptional, demonstrating a level of synergy, dedication, and hard work that truly sets them apart. Their commitment to excellence was evident in every aspect of their presentation, from the meticulously researched content to the flawless delivery and commanding stage presence.

The countless hours invested in preparation, including extensive research, thoughtful writing, and rigorous rehearsals, culminated in a performance that captivated the audience and impressed the judges. Their unwavering determination and genuine passion for public speaking shone through, leaving an indelible mark on all in attendance.

It is with great delight that I announce our team's well-deserved second-place finish in this prestigious competition. We are immensely proud of Bow, Molly, and Isla, not only for their achievement but also for the manner in which they represented our school community. Their success serves as an inspiration to us all and of course reinforces the importance of nurturing writing for pleasure!



Children would write not just in school,
people would value it just like a jewel.
Children would be famous whenever they write,
stories would be filled with joy and delight.
Writing for pleasure could be more,
an extraordinary thing that all would adore.
You could write anything - just for fun,
your writing would shine as bright as the sun.
You would be looked up on, instead of looked down,
it would brighten up your grumpy frown.
Paper would be used in every way,
and children would write every single day.

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

We are already quarter of the way there and have £250 towards our £1000 target!



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.

Please see the 'Tips for Families' for some simple ways you can support your child's mental health and emotional growth.

Many Thanks,

Mrs Luscombe

Mental health doesn't mean being happy all the time and neither does it mean avoiding stresses altogether. One of the most important ways to help your child is to listen to them and take their feelings seriously.

In many instances, children and young people's negative feelings and worries usually pass with the support of their parents and families. It is helpful for the school to know what they are going through at these times, so that staff can be aware of the need and support this.

Coping and adjusting to setbacks are critical life skills for children, just as they are for adults, but it is important that they develop positive, rather than negative, coping skills.

If you are ever worried about your child's mental health and wellbeing then, just as you would about any concerns that you have about their learning, come and talk to us.

Sometimes children will need additional support for a short period – this may be in the form of sessions with our play therapist or a daily check-in with a trusted adult, time to talk through what they are feeling and support in developing ways of moving forward with this. As always, the well-being of our children is our top priority, and we are here to support them in every way possible. We are sending out two very helpful guides for parents with this newsletter.



TIPS FOR FAMILIES

Place2Be's
**CHILDREN'S
MENTAL HEALTH
WEEK**

1 Encourage journalling

Just like Riley, encourage your older children and young people to express their emotions and thoughts through journalling. 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)



Music Education Recognition

We are extremely proud to have become a Music Mark School in recognition of our dedication and commitment in providing high-quality music education to our children. We would like to thank our brilliant Music Lead and choir teacher Mrs Jones and Andy Hatherly for his fantastic music lessons that really bring out the musical talent in our pupils.



Dates to Remember

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

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**
- https://www.mawnanschool.com/web/wraparound_playleader_/696866
- **Play Worker**
- https://www.mawnanschool.com/web/wraparound_playworker/696867

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

What Parents & Educators Need to Know about TIKTOK

With 22% of its billion-strong userbase being between the ages of 13 and 17, the popularity of TikTok among the younger generation is indisputable ¹⁰⁰ Providing entertainment in the form of a stream of short-form video content  while allowing its users to post videos of their own  the app has skyrocketed to prominence over the last few years, becoming a fixture in young people's digital lives 

Of course, with a platform as popular and gargantuan as TikTok, it can be intimidating trying to figure out how best to safeguard children and young people using the app. That's why we're releasing our brand-new guide to TikTok, detailing the main online safety concerns and suggesting strategies to reduce these risks for the app's younger users.

At The National College, our WakeUpWednesday guides empower and equip parents, carers and educators with the confidence and practical skills to be able to have informed and age-appropriate conversations with children about online safety, mental health and wellbeing, and climate change. Primary delivered by National Online Safety, these guides now address wider topics and themes. For further guides, hints and tips, please visit nationalcollege.com.

What Parents & Educators Need to Know about TIKTOK

13+ (Age Restriction)

WHAT ARE THE RISKS?
Adults tend to associate online videos with YouTube – but among teens, TikTok is king. The app provides a stream of short clips tailored to users' interests, based on what they've already watched. Around half of British children use TikTok, and while much of the content is benign, Ofcom considers it the app where youngsters "were most likely to encounter a potential harm".

AGE-INAPPROPRIATE CONTENT
While TikTok's following feed only displays videos from former creators for a user's previously watched clips, most of these videos are not primarily age-inappropriate, but the app could potentially show something inappropriate to children that they engage with this content, more like it will follow. TikTok's guidelines prohibit the sharing of illegal or inappropriate content, but the huge number of uploads means that a small amount inevitably slips through.

CONTACT WITH STRANGERS
With more than 1.5 billion users globally, the potential for contact from strangers on TikTok is high – especially as accounts created by younger kids (or young people using a fake date of birth) are set to public by default. This means that not only is someone able to see videos of you, you should be wary of misogynistic, racist or conspiracy-themed material shaping how they see the world.

MISINFORMATION AND RADICALISATION
Although the short videos on TikTok tend to be more lighthearted than the longer ones on YouTube, clips can still influence impressionable minds in a negative way, not only in their priority of dangerous misinformation on TikTok, but Ofcom reports that nearly a third of 12 to 15-year-olds use TikTok as a news source – so you should be wary of misogynistic, racist or conspiracy-themed material shaping how they see the world.

ADDICTIVE DESIGN
With its constant stream of eye-catching videos, TikTok can be addictive to young brains. In 2024, UK children spent an average of 27 minutes per day on the app, that's twice as much as in 2023. Excessive use can interfere with young people's sleep patterns – often leading to irritability – and distract them from other healthier activities. The infinite, skippable nature of like-size videos may also impact children's ability to maintain focus.

BODY IMAGE AND DANGEROUS CHALLENGES
According to Ofcom, most online harms for teens are body image related for girls (promoting unhealthy eating, body shaming, and so on) and dangerous challenges for boys. Both are prevalent on TikTok. One extreme example of the latter was the "Blackout" trend, which encouraged users to hold their breath until they passed out from a lack of oxygen. This led to two families filing lawsuits against TikTok over the tragic deaths of their children.

IN-APP SPENDING
TikTok is free, but users have the option to buy TikTok coins, which can be used to purchase gifts for content creators. Coin bundles range from £3.99 to an eye-watering £79, while that may not sound staggering, the app still generated £7.8 billion in user spending in 2023. TikTok's policy is that under-18s can't make in-app purchases, but it's possible to bypass this with a fake birth date.

Advice for Parents & Educators

ENABLE FAMILY PAIRING
Family Pairing allows parents to link their TikTok account to their child's, giving them more control over their child's account (reducing the chance of a child seeing inappropriate content), set screen-time limits, make accounts private and manage whether their child can send messages – and if they can, to whom. Children can't alter these settings without parental approval.

DISCUSS THE DANGERS
If a child wants to use TikTok and you're happy for them to do so, it's good practice to discuss the potential risks. Ensure that they don't show any identifying personal information, and that they know to talk to a trusted adult if they're worried by interactions on the app. With more teens using TikTok for news, it's also worth talking about misinformation and propaganda, and how to identify it.

READ THE SIGNS
If you're concerned that a child is spending too much time on TikTok, or that they've been emotionally affected by something they've seen, it's important to know how to spot the signs. Increased irritability and a lack of concentration are potential red flags, as is failing to complete homework or sleeping poorly. Remember the parental controls are there for a reason, and it's never too late to introduce limits.

Meet Our Expert
Alan Martin is an experienced technology journalist who has written for the likes of Wired, Techradar, Tom's Guide, The Evening Standard and The New Statesman.

#WakeUpWednesday The National College

Source: <https://www.ofcom.gov.uk/consult/condocs/tiktok/tiktok-2023/>

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Café style All Age Worship

4pm on the 4th 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