



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 13th February 2026

Happy Half Term

What a term it has been! Thank you so much to all parents and carers for your fantastic support during what has definitely been a very wet and windy few weeks.

We have battled through the worst storm in living memory, alongside what has been reported as the wettest January on record. Despite all of that, our children have continued to show resilience, positivity and enthusiasm for learning and that simply wouldn't be possible without your ongoing support at home and with school life. We really do appreciate it.



The good news is that things can only get brighter and better from here. Our purple crocuses are now popping up by the totem pole, which is always our little sign that spring is on the way.

We hope you all have a lovely half term and enjoy a really well-deserved chance to rest and recharge with your amazing children before we start the Spring Term.

Thank you again for being such an important part of our school community.

Children's Mental Health Week 2026!

This week is Children's Mental Health Week and this year's official theme is "This is My Place." This theme focuses on helping children and young people feel a sense of belonging, whether that's in their friendships, at school, within their families, or in their wider communities and highlights how important feeling included and supported is for their mental health and wellbeing.

Throughout the school, we have been supporting and promoting Children's Mental Health Week by exploring what mental health and wellbeing is in assemblies and in classes we have been discussing what belonging means to us and have been looking at how we can support our own sense of belonging. Lots of the children have been having circle times about belonging whilst some classes have been busy creating gorgeous belonging mosaics and personal collage maps.

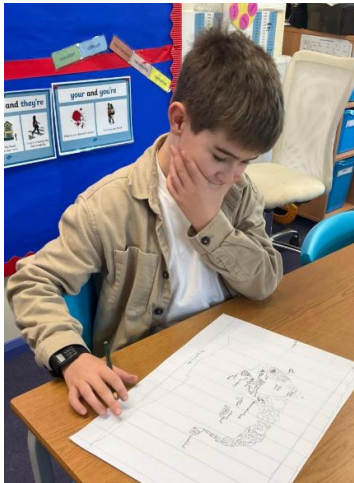
Today has also been our Dress to Express day where all our children and staff have worn outfits that express who they are and how they feel. Everyone looked so unique and awesome!

Thank you for your support in helping us promote Children's Mental Health Week 2026. A huge thank you for your generous donations for Place2Be, **we have raised £92.00** so far!

Have a lovely weekend!

Mrs Luscombe





Cross Country

Our Cross Country runners took part in this afternoons Penryn Partnership Cross Country racing. Everyone did fantastically well and made us incredibly proud.

The following pupils who have qualified to next level: Amelie, Matthew, Robert, Hamish, Alana, Joseph, Cally and Noah, with Hamish and Alana winning 3rd place medals!!

A HUGE Well done to all our Mawnan runners!



Please Switch Off Your Engine When Parked Outside School

We kindly ask all parents and carers to turn off their vehicle engines while waiting outside the school. Even short periods of engine idling create unnecessary air pollution, which can be particularly harmful around school entrances where children and families gather.

Air pollution is linked to breathing difficulties and can have a lasting impact on children's developing lungs. Reducing idling is a simple but powerful step that helps improve air quality for everyone in our school community.

Thank you for helping us keep our children safe and healthy by switching off your engine while stationary.

VEHICLE EXHAUST IS TOXIC

**Please turn off your engine
when stationary**

Air pollution can be 3 times
higher inside your car



Gool Peran Lowen

on **Thursday 5th March**, we are looking forward to celebrating **St Piran's Day** in school!

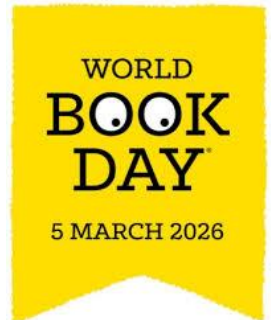
To mark the occasion, our special lunch menu will include a delicious **Cornish pasty Pie** (steak or cheese and onion), followed by traditional **Hevva Cake** for pudding.

Please remember to book your child's meal in advance to avoid disappointment, as we cannot guarantee pasties will be available for any additional meals not pre-booked.

World Book Day 2026 – Reminder

We will be celebrating **World Book Day on Friday 6th March** (this is a change from 5th March due to St Piran's Day).

Children are invited to come to school dressed as their favourite book character. Costumes can be simple and creative using items you already have at home.



Thank you, as always, for your fantastic support with reading at home, it really does make a huge difference. We are looking forward to another brilliant celebration, with a few surprises planned for the day!

Parent Teacher Meetings

Our second round of Parent Teacher Meetings for this academic year will take place during the week beginning **Monday 23rd March**.

After half term, you will receive a Google Form to book an appointment at a time that works best for you.

This is a very important week in our school calendar. During this time, we cancel all professional meetings and make personal arrangements to ensure we can meet with every family. It is really important that you book a meeting, as we value the opportunity to talk with you about your child's progress and development.

Enrichment Clubs Spring 2026

After School Clubs Spring 2026

Clubs will start Monday 23rd February

Please note that clubs may need to be cancelled if the weather or pitch conditions are unsafe. We will aim to give you as much notice as possible if this happens.

(Netball and Golf will return after Easter)

Day	Club	Staff	Year Group	Max Spaces
Monday	Hockey (please inform the office if your child can not make Hockey club on a Monday)	Rachel and Penryn College helpers	Yr 5 & 6	18
Monday	Lego Club	Mrs Davies	Yr 3 & 4	16
Tuesday	Dance	Embrace	Yr 1,2 &3	18
Tuesday	Football	PAFC	Yr 2 &3	18
Wednesday	Construction and Games	Miss Law	Yr1&2	16
Wednesday	Gardening	Zinnia	Yr 3	16
Thursday	Running Club	Mrs Watson and Mrs Timmins	Yr 3-6	26
Friday	Football	Cameron W, Andrew W	Year 4,5&6	20
Friday	Choir (preparation for SONGFEST in March 2026)	Mrs Jones	Year 3-6	25

	New Club – Google Form sent out
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Key Dates to remember 2025/2026

Important Dates	
<u>Date</u>	<u>Event</u>
Friday 13 th Feb	Dress to Express – non uniform day.
16 th – 20 th Feb	Half Term
Friday 27 th Feb	School Disco
Friday 6 th March	World Book Day – dress up day .
23 rd – 27 th March	Parent Teacher Meetings
Friday 27 th March	PINs coffee morning
3 rd – 17 th April	Easter Holidays
Mon 4 th May	Bank Holiday – school closed
Mon 1 st June	Inset Day 3 – school closed
17 th – 19 th June	Year 4 & 5 Camp to BF Adventure
24 th -26 th June	Year 6 Camp to <u>Porthpean</u>
Friday 3 rd July	Sports Day
Friday 10 th July	Sports Day (reserve day)
22 nd -23 rd July	Inset days 4 & 5 – school closed
24 th July	Summer Holidays

Statutory Primary Assessment Dates

As we are rapidly progressing through the year, we wanted to share key statutory assessment dates, so families are aware and can help support good attendance on these important days.

Key Stage 2 Tests (Year 6) will take place during the week beginning **Monday 11 May 2026**. The timetable is as follows:

- Monday 11 May – English Grammar, Punctuation and Spelling (Papers 1 and 2)
- Tuesday 12 May – English Reading
- Wednesday 13 May – Mathematics (Papers 1 and 2)
- Thursday 14 May – Mathematics (Paper 3)

Multiplication Tables Check (Year 4) will take place between **Monday 1 June and Friday 12 June 2026**.

Phonics Screening Check (Year 1) will take place during the week beginning **Monday 8 June 2026**.

School Disco – Coming Soon!

Get ready... the school disco, one of the absolute highlights of the school year for our children, is coming very soon!

This is always a fantastic evening filled with music, dancing, laughter and lots of fun with friends.

We will send the google form and payment link next week.



What Parents & Educators Need to Know about Mental Health Misinformation Online

Children and young people are increasingly turning to social media for mental health advice, but much of what they encounter online is unverified, oversimplified or misleading. This guide explores why platforms like TikTok and Instagram have become go-to sources, and how misuse of clinical language and viral trends can distort children and young people's understanding of mental health.

Aimed at parent and educators, it offers clear, expert-led strategies to counter misinformation. The guide looks at topics such as encouraging open conversations, identifying reliable sources, and strengthening school-home collaboration. Use this information to build young people's critical thinking, resilience and confidence in seeking appropriate professional help when needed.

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. Formerly delivered by National Online Society, these guides now address wider topics and themes. For further guides, hints and tips, please visit [thenationalcollege.com](https://www.thenationalcollege.com).

What Parents & Educators Need to Know about MENTAL HEALTH MISINFORMATION ONLINE

A research study by Ofcom revealed that children aged 9-15 increasingly use online platforms like TikTok for mental health advice, with 50% relying on social media for information. Unverified medical content online is concerning, with the potential to cause confusion, anxiety, or incorrect self-diagnoses. This guide provides expert strategies to help parents and educators tackle misinformation effectively and ensure safer digital experiences for young people.

WHAT ARE THE RISKS?

- POPULAR ONLINE SOURCES**
Platforms like TikTok and Instagram are two of the main sources of young people's mental health content. Videos and posts frequently feature unqualified 'influencers', contributing to misinformation, myths, and oversimplification. While appealing to young audiences, this unvetted content can distort perceptions, and create unrealistic expectations and misunderstandings about mental health conditions.
- RISK OF SELF-DIAGNOSIS**
Social media's misleading content encourages young people to self-diagnose complex mental health conditions inaccurately. Misdiagnoses can exacerbate anxiety, cause unnecessary worry, or delay essential professional intervention. This has the potential to escalate manageable conditions into more significant mental health issues requiring comprehensive clinical support.
- LACK OF FILTERS**
Social media platforms struggle to filter misinformation effectively, allowing false content to spread easily and quickly. Without proper guidance, young viewers may not discern fact from fiction, potentially internalising inaccurate beliefs about mental health. This can negatively influence their decisions about seeking professional help or managing mental wellbeing.
- IMPACTFUL PAST TRENDS**
Historically, online mental health misinformation has led to harmful trends, including 'negotiating' coping strategies or sensationalised symptoms. For example, past TikTok trends on self-harm or 'suicide hoaxes' have spread damaging advice, underscoring the risk when misinformation is not promptly addressed or corrected by knowledgeable adults.
- MISLEADING CLINICAL TERMS**
Online trends often include the misuse of clinical terms, such as 'bipolar' or 'OCD', making serious conditions seem trivial or incomprehensibly understood. Such misinformation can diminish empathy, and lead young people to misinterpret professional advice, potentially preventing them from identifying real mental health issues in themselves or others.
- REPLACING PROFESSIONAL HELP**
Frequent reliance on digital content can lead young people to dismiss professional mental health care, substituting expert support with unvetted online advice. This substitution can prolong issues, compromise recovery, and reduce the effectiveness of future professional interventions, ultimately impacting overall mental health and wellbeing negatively.

Advice for Parents & Educators

- MONITOR ONLINE ENGAGEMENT**
Regularly review and discuss a young person's online activity, providing appropriate guidance on discerning accurate content. Tools such as parental controls or co-viewing content can help mitigate exposure to harmful misinformation, facilitating safer digital habits and informed critical thinking about mental health.
- SCHOOL-HOME COLLABORATION**
Strengthen collaboration with educators to integrate digital literacy into the school curriculum, emphasising misinformation awareness. Jointly delivered education sessions on identifying and responding to misinformation can significantly improve pupils' ability to critically assess mental health content, supporting their mental wellbeing effectively both online and offline.
- IDENTIFY RELIABLE SOURCES**
Teach young people to critically evaluate mental health content by checking credentials, source authority, and evidence-based information. Encourage them to refer to trusted medical or educational platforms and to consult healthcare professionals for clarification. This reduces young people's reliance on potentially harmful or misleading online sources.
- ENCOURAGE OPEN DIALOGUE**
Foster a non-judgemental environment where young people feel comfortable discussing online content. Regularly talking about their online experiences and perceived mental health concerns helps clarify misunderstandings, mitigate misinformation, and build trust. Encourage them to share resilience and digital literacy. Model situations where you have sought advice from accurate sources and not solely relied on social media for health advice.

Meet Our Expert
Anna Bateman is Director of Holistic Education Ltd, Director for Wellbeing and Family Services at Leigh Trust, and lead expert for mental health at The National College. Anna specialises in strategic mental health solutions for schools, supporting educators and families to improve resilience, emotional literacy, and overall wellbeing for 4-19s across the UK.

#WakeUpWednesday
The National College

X @wake_up_weds | www.thenationalcollege | @wake.up.wednesday | @wake.up.weds

Users of this guide do so at their own discretion. No liability is entered into. Current as of the date of release: 28.05.2024

Message from Shiona (Ula and Senara's mum)

On Tuesday 17 February, I will be giving a short 15 minute presentation at 6.45pm, ahead of the Parish Council meeting at 7.00pm in Mawnan Memorial Hall.

I am asking the Parish Council to consider a loan to unlock £100,000 of potential funding to improve Mawnan Park for our children and wider community. It would make a real difference if local families could come along and show their support.

We are also hosting community tree planting days in Mawnan Park on 24 February and 6 March, 10am to 4pm. Year 6 pupils will be joining the Tuesday afternoon session. Volunteers are very welcome, even if you can only spare an hour or two.

Please message me or email cllr.biggin.mawnan@gmail.com / 07792 758640 if you would like to get involved.



The poster features a large green tree on the left with the text "JOIN US TO PLANT TREES!" inside its canopy. To the right of the tree is a small bee illustration. The background includes a sun, clouds, and a heart-shaped sun icon. The title "COMMUNITY TREE PLANTING DAYS" is prominently displayed in brown. Below the title, it states that Mawnan Parish Council is hosting two free community tree planting days in Mawnan Park (AKA the Junior Playing Field, next door to the Bowling Club). The dates and activities for both sessions are listed, along with contact information for registration. At the bottom, it mentions that the sessions are free and funded by Forest for Cornwall, with logos for Cornwall Council and Crowdfunder. A note indicates that the match funding is from the Cornwall Climate and Nature Fund.

JOIN US TO PLANT TREES!

COMMUNITY TREE PLANTING DAYS

Mawnan Parish Council is hosting two free community tree planting days in Mawnan Park (AKA the Junior Playing Field, next door to the Bowling Club).

Tuesday 24 February:
Native tree planting with Alex Forrester from Forest for Cornwall. 10am-4pm.
(Back-up dates: Thursday 26 & Friday 27 February).

Friday 6 March:
Fruit trees and foraging hedge planting with Simon Miles from The Forest Garden. 10am-4pm.
(Back-up dates: Saturday 7 & Sunday 8 March).

Register your interest: contact Cllr Shiona Biggin at cllr.biggin.mawnan@gmail.com or 07792 758640.

The sessions are free and trees have been funded by
Forest for Cornwall.

 **CORNWALL COUNCIL**
one and all - working it

 **Crowdfunder**

Match funded by the
Cornwall Climate and Nature Fund

WI Pancake Racing

The wonderful WI ladies are once again hosting the annual Pancake Races at the Memorial Hall during half term on **Tuesday 17th February**. This has always been a much-loved event for the children, so get those racing shoes ready!



EdVenture- Penryn College

The half term holidays are fast approaching and Penryn College will be hosting our very successful Edventure holiday programme once more.

Parents can book spaces using our website

- www.myedventure.co.uk. Parents can also pay using childcare voucher schemes if they contact us directly.

If anyone has any questions or queries please do contact us.

Edventure Holiday Activities @ Penryn College
01326 372379



CHILD CARE VOUCHERS ACCEPTED

EDVENTURE
HOLIDAY ACTIVITIES

FEB HALF TERM SUPERCAMPS

Come and take part in our EdVenture holiday provision, offering children a fantastic opportunity to build friendships through team sports and outdoor adventures, and explore their creativity with themed group games and arts & crafts.

FEBRUARY HALF TERM: FEB 17TH – 19TH

3-DAY SUPERCAMPS

5-7 YEARS | 8+ YEARS

- DODGEBALL, DEN BUILDING, GYM,
- PAPER PLANE FLYING, ARTS & CRAFTS,
- DANCE OFF, FOOTBALL GOLF,
- CAPTURE THE FLAG, BOARD GAMES,
- FILMS, TEAM CHALLENGES & LOTS MORE!

£90 FOR 3 DAYS

OR £35 A DAY

FOR MORE DETAILS & TO BOOK:
WWW.MYEDVENTURE.CO.UK
01326 372379



CORNWALL & DEVON

School Age Immunisation Service

Provided by Kernow Health CIC

NHS

Flu
Vaccination

School Age
Reception -
Year 11

Drop In Clinic

Saturday 7th February 2026

10:30 - 13:30

Redruth Family hub

Drump Road

Redruth, TR15 1LU

10.30-13.30

For more information
please speak with a
member of the team

Call us on

01872 221105

kernowhealthcic.schoolimmunisation@nhs.net