

# The Polwhele Post



## From the Head:

A hearty welcome back to school to all our Polwhele House families. It's been far too long since we were all together! A very special welcome to the families which have joined us this term. I have never welcomed a child to school without a careful transition period but this has not been possible this year; I am very impressed with your children's ability to fit in immediately and start enjoying life and education.

Indeed, the enjoyment of learning is evident all around the school. Children are so happy to be back with friends and teachers that they have quite forgotten any preference for staying at home. Too much of a good thing last term, perhaps?

This year we have condensed all our school rules into three words, which we have shared with the children: Ready, Respectful, Safe. Ready (for work, to help, to listen), Respectful (of all those around us, classmates, others in our bubble, adults), Safe (not doing anything which may harm me or another person). I had a moment where I was concerned that I would not be able to remind the children about my 'no hands in pockets' obsession - but was comforted when colleagues told me that it could fit into all three categories (it takes some thought but it does work!)

We are working to ensure as much distancing as possible within our bubbles and washing and sanitising very frequently. I appreciate that the first days of collecting children were difficult but hope that you have noticed an improvement since Wednesday. Next week will change again as Clubs start and we will review as necessary. Please remember that parents should remain in their cars (unless they are helping the children out with their bags) as this is one way we can support the separation of people.

As usual, the good weather has followed the start of term and we hope for a wonderful late summer where we can spend time outside to enjoy our wonderful environment.

Best wishes

Hilary Mann  
Head

## Diary Dates:

Mon 14.09:  
Enrichment Clubs  
start

Fri 25.09 at  
9.00am:  
Polwhele House  
Society AGM  
(more info inside  
this newsletter)

*"Karenga Whelas Karenga"*

Polwhele House School, Truro, Cornwall, TR4 9AE 01872 273011 [www.polwhelehouse.co.uk](http://www.polwhelehouse.co.uk) email: [office@polwhelehouse.co.uk](mailto:office@polwhelehouse.co.uk)





# Online Safety Notice



## IMPORTANT:

### Online Safety Information – TikTok

TikTok is a video-sharing app that's huge with children and teenagers right now. You lip-sync to music or do comedy sketches, and can add effects to your videos. You can also gain followers ('fans') and watch other people's videos.

The age recommendation is **13 and above**, but it's easy for younger children to sign up too and for devices to be shared with older siblings/friends.

Please read the information in the letters that have been sent with this newsletter.

More information can be found here on the NSPCC website: <https://www.net-aware.org.uk/networks/tiktok/>

We hope all our school family will stay safe online and think carefully about their use of social media.



## TikTok

TikTok is a social media platform that lets you create, share and discover 60 second videos. You can use music and effects to enhance your videos and you can also browse other people's videos and interact with them.



#### Kids use this to...



#### Expert view of the risks...





# School Notices



## Parent Website Information:

At this time of year we remind parents about policies and where to find them. The Parent Portal on the Website is here: <https://www.polwhelehouse.co.uk/parent-portal/>

We have, as we should, a wide range of policies, most of which you will access if and when you have a need to do so. However, we would ask you to pay special regard to the behaviour policy and acceptable use of IT and talk them through with your child, so that we are all singing the same song (if quietly at the moment!)

## PE kit & changing:

Following our experience of changing for sports lessons this week, if your child has a Games or PE lesson, please send them to school wearing sports kit.

When a PE lesson happens before lunch, they should bring with them their school uniform in case they get wet during the lesson, in which case they can change to avoid sitting in wet kit for the rest of the day.

Many thanks



## Boarding:

This half term we will not be providing boarding as there is not the demand, currently. We are happy to reconsider this decision and will contact parents who have used boarding in the past, before half term, to see whether ideas have changed.

In the meantime, if you would like your child (Year 3 upwards) to start boarding, please let Miss Brown know via the Office address.

## Prep School Stationery:

Pens - thank you very much for all the wonderful fountain pens brought in for the Upper Prep and Year 5. Some are still outstanding, so if you are off to purchase a fountain pen this weekend, please remember washable blue ink and a pen which suits your child. For those who have discussed the problems of left-handed handwriting with Mrs McKeown, an erasable Pilot Frixion pen should be brought to school.

Many children have identical pens so please make sure it is named - Tippex initials are a good temporary fix, as is fabric plaster to write on.



# School Notices

## Games update:

Miss Topsey has been very disappointed to miss the start of term, but she has a wonderful vision for Games.

At present, Rugby is on a staged return (see below) so following consultation with the schools we have fixtures against, Miss Topsey and her team will be focusing on Football and Hockey to start the term. Rugby will return soon!



## RETURN TO RUGBY ROAD MAP: COMMUNITY GAME AUGUST 2020 UPDATE

AT EACH STAGE THE STATED ACTIVITY IS THE MAXIMUM PERMITTED, HOWEVER ALL ACTIVITIES IN PREVIOUS STAGES ARE ALSO PERMITTED. FURTHER DETAILED GUIDANCE ON ALLOWABLE ACTIVITIES AT EACH STAGE WILL BE PROVIDED.

		CURRENT STATUS				
PHASED RETURN	<div style="font-size: 2em; font-weight: bold; color: white; border: 2px solid white; border-radius: 50%; padding: 5px; display: inline-block;">A</div> 	<div style="font-size: 2em; font-weight: bold; color: white; border: 2px solid white; border-radius: 50%; padding: 5px; display: inline-block;">B</div> 	<div style="font-size: 2em; font-weight: bold; color: white; border: 2px solid white; border-radius: 50%; padding: 5px; display: inline-block;">C</div> 	<div style="font-size: 2em; font-weight: bold; color: white; border: 2px solid white; border-radius: 50%; padding: 5px; display: inline-block;">D</div> 	<div style="font-size: 2em; font-weight: bold; color: white; border: 2px solid white; border-radius: 50%; padding: 5px; display: inline-block;">E</div> 	<div style="font-size: 2em; font-weight: bold; color: white; border: 2px solid white; border-radius: 50%; padding: 5px; display: inline-block;">F</div> 
TRAINING	<p style="text-align: center; font-weight: bold; font-size: 0.8em;">INDIVIDUAL TRAINING WITH ONE OTHER PERSON</p> <p style="font-size: 0.8em;">Socially distanced training (max 2 players)</p> <p style="font-size: 0.8em;">Maintain social distance</p> <p style="font-size: 0.8em;">No equipment sharing</p>	<p style="text-align: center; font-weight: bold; font-size: 0.8em;">SMALL GROUP TRAINING</p> <p style="font-size: 0.8em;">Socially distanced training (max 6 players)</p> <p style="font-size: 0.8em;">No face to face (FaF) /close contact</p> <p style="font-size: 0.8em;">Equipment sharing kept to a minimum</p>	<p style="text-align: center; font-weight: bold; font-size: 0.8em;">NON CONTACT TRAINING &amp; INTRA CLUB MATCHES</p> <p style="font-size: 0.8em;">Ready4Rugby &amp; Touch Rugby training (max 20 players, based at own club only)</p>	<p style="text-align: center; font-weight: bold; font-size: 0.8em;">ADAPTED CONTACT TRAINING &amp; NON CONTACT FIXTURES</p> <p style="font-size: 0.8em;">Low &amp; medium risk training activities (restricted numbers)</p> <p style="font-size: 0.8em;">A full list of permitted training activities will be provided</p>	<p style="text-align: center; font-weight: bold; font-size: 0.8em;">ADAPTED CONTACT FIXTURES</p> <p style="font-size: 0.8em;">Low, medium &amp; increased risk training activities (full squad)</p> <p style="font-size: 0.8em;">Progression (TBC) to full contact match training</p>	<p style="text-align: center; font-weight: bold; font-size: 0.8em;">RETURN TO MATCH PREP &amp; PLAYING</p> <p style="font-size: 0.8em;">Return to full contact match play</p>

ALL ACTIVITY TO INCLUDE APPROPRIATE SOCIAL DISTANCING, STRONG PERSONAL HYGIENE MAINTENANCE, AND FOLLOW THE LATEST RFU & GOVERNMENT GUIDANCE.

PLAYING	<p style="font-size: 0.8em;">No competitive or formal playing opportunities at this stage</p> <div style="text-align: center; margin-top: 10px;">  </div>	<p style="font-size: 0.8em;">No competitive or formal playing opportunities at this stage</p> <div style="text-align: center; margin-top: 10px;">  </div>	<p style="font-size: 0.8em;">Non Contact training &amp; intra club matches</p> <div style="text-align: center; margin-top: 10px;">  </div>	<p style="font-size: 0.8em;">Inter-club Ready4Rugby &amp; Touch Rugby fixtures with restricted numbers</p> <div style="text-align: center; margin-top: 10px;">  </div>	<p style="font-size: 0.8em;">Adapted laws inter-club fixtures (Not league)</p> <div style="text-align: center; margin-top: 10px;">  </div>	<p style="font-size: 0.8em;">Full 15-a-side league fixtures</p> <div style="text-align: center; margin-top: 10px;">  </div>
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# School Notices



## Homework and Teams

Whilst it is difficult to pass paper between school and home, we will be letting your children know their homework assignments via Teams.

Much of the time it will be a list of spellings or a task which will need completing.

If you have difficulty with printing off assignments, we can send them home with your child, but paper will need to be quarantined when it returns to school so there won't be an immediate 'turn around' of homework marking.

If you are new to Teams and are having trouble logging on, please let us know as soon as possible and we will work to resolve the issues.



## Music Lessons:

# MUSIC LESSONS

10 REASONS YOU SHOULD TAKE UP A MUSICAL INSTRUMENT

1. Makes you smarter.
2. Relieves stress.
3. Improves your social life.
4. Builds confidence.
5. Teaches patience.
6. Fosters creativity.
7. Improves memory.
8. Develops discipline.
9. Gives you a sense of achievement.
10. IT'S FUN!!!

For all Music enquiries, please contact Mrs Knight-Bennett  
[jknight-bennett@polwhelehouse.co.uk](mailto:jknight-bennett@polwhelehouse.co.uk)





# School Notices



## Calling all artists! ISA Comic Strip Competition:

Do you like reading comic strips ? Are you passionate about current issues?  
 Do you like creating super hero characters ?  
 The ISA are launching a 'Design a comic strip Competition'.  
 Global warming is the theme for KS1 & KS2; Healthy eating is  
 the theme for KS3.



PUPILS ARE INVITED TO  
 DRAW A COMIC STRIP  
 BASED ON ONE OF THE  
 THREE SUBJECTS:

- GLOBAL WARMING  
(KS1&2)
- HEALTHY EATING  
(KS3)
- EQUALITY  
(KS4 & 5)

## ISA COMIC STRIP COMPETITION 2020

- SCHOOLS CAN ENTER A MAXIMUM OF SIX ENTRIES IN TOTAL
- ONE ENTRY ONLY PER PUPIL, THREE AGE GROUP CATEGORIES:  
KS1/2, KS3, KS4/5
- ENTRIES MUST BE SUBMITTED VIA THE ONLINE FORM
- FIND THE STRIP TEMPLATES AND RULES ON THE ISA WEBSITE

**DEADLINE MONDAY 14 DECEMBER**

\*COMPETITION OPEN TO ISA MEMBERS' SCHOOLS ONLY  
 FOLLOW US ON TWITTER @ISAARTSUK



Polwhele can enter just 6 pieces of work so it is time to put your creative hat on.  
 Ask Mrs Spencer any questions or share ideas. The ISA website has all the information and some comic strip templates.



INDEPENDENT  
 SCHOOLS  
 ASSOCIATION

### ISA COMIC STRIP COMPETITION 2020 – RULES AND GUIDELINES

- Eligibility:

Schools can submit a maximum of six entries in total, spread across the age group categories (KS1&2, KS3, KS4&5) and the three different subjects. One entry only per pupil. Competition open to Members' Schools only.

- Categories and age groups:

- Key Stage 1&2 Global Warming
- Key Stage 3 Healthy Eating
- Key Stage 4&5 Equality

- Templates

All participants must use one of the strip templates available to download on the ISA website. Drawing can be either manuscripts or digital, black and white or in colour. There is no limitation for wording. Each participant can use only one template for their entry.

- All entries must be the participants' original works, which have never been published.
- Use of Clip Art or existing graphics is not allowed on digital drawings.
- Prizes: Winners of each category will be published on the ISA website and in the ISA journal.

#### HOW TO ENTER

Entries must be submitted online via the entry form on ISA website by **Monday 14 December** the latest. Images must be submitted in JPEG format only, minimum 300dpi.

If you have any questions, please contact [isaarts@isaschools.org.uk](mailto:isaarts@isaschools.org.uk)

We look forward to receiving your entries.

Follow us on Twitter @ISAartsUK  
[www.isaschools.org.uk](http://www.isaschools.org.uk)



The actual deadline is the 14<sup>th</sup> December – however we would like your **entries in for the week beginning Monday 9<sup>th</sup> December.**

# Best Wishes

To last year's Nursery class who have started in Reception class this week! You were all STARS in Nursery and I know you will be in Reception as well! We are all very proud of you. Mrs Reed 



# News from Pre-prep

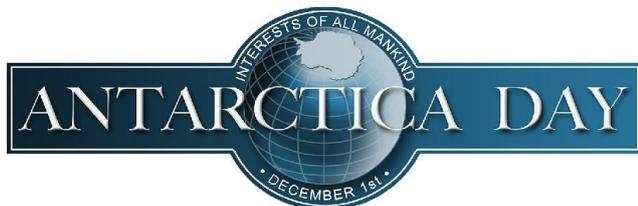


## Antarctica Day 2019 update:

Congratulations to last year's Year 1 and Year 2 children whose work has been part of special celebrations on a different continent!

*"It is in the interest of all mankind that Antarctica shall continue to be used forever for peaceful purposes and shall not become the scene or object of international discord".— The Antarctic Treaty.*

On 1 December 1959, 12 countries signed the Antarctic Treaty – an international agreement to designate Antarctica as a continent of peace and cooperation. Sixty years on, the Antarctic Treaty has expanded to include 54 countries and continues to shine as a rare beacon of international cooperation. To celebrate this milestone of peace in our civilisation, the anniversary of the Treaty is recognised each year. The 1 December is celebrated globally with an outreach project - the Antarctica Day Flags Initiative - with the aim to spread the word about this success story for world-wide collaboration and to hope its message and values inspires future generations.



## ANTARCTICA DAY 2019

This certificate is awarded to Polwhele House for designing inspirational flags *"in the interests of all mankind."*

### YOUR FLAG WAS CELEBRATED IN ANTARCTICA!

Location Name: Thwaites Glacier Antarctica

Latitude: 74.0000° S

Longitude: 108.5000° W

Date: 10/07/2020

Researcher: Becky Hopkins and team

Signed: UKPN Antarctic Flags Team

This initiative was founded alongside the Foundation for the Good Governance of International Spaces (Our Spaces), a UK-based charity, as well as the Association of Polar Early Career Scientists (APECS). The concept of the project is simple: participating schools create a flag for Antarctica (as it is without an official flag) which they believe symbolises this continent. The flags are then sent to UKPN, who pair flags from schools with researchers and station staff that are heading down to Antarctica for the Austral Summer (November-January). The flags are then transported all the way to Antarctica with these "flag bearers".

We are delighted to share the news that last year's Year 1 and Year 2 children's flags were flying on Antarctica again this year. This is our third year of taking part and it is always exciting to receive information about where our flags have been and who has been looking after them on this amazing continent. We all enjoyed learning about Antarctica in the classroom.

Mrs Topsey-Eaton





# News from Pre-prep

Hi Polwhele House!

At the start of this year, I took some of your flags all the way to the Amundsen Sea, Antarctica onboard a ship called the Nathaniel B. Palmer, an American ice breaker, in the hopes of finding out what the ice in Antarctica has been doing!



All the scientists on board were super excited to see your flags, so we took some pictures with them while we were busy doing science, to show you what we get up to!



This is Natalie! She looks at what is happening in the ocean today at different depths. That big machine behind her is called a CTD, and can bring back water samples from 2000m below the sea surface. Those big bottles hold 10 litres of water each - and 8 of these bottles would fill your bath!



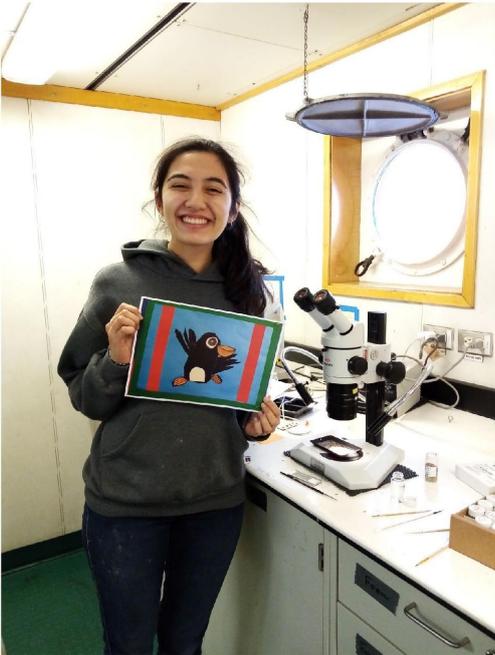
Alle has the very difficult job of trying to find glacial water inside the mud we collect! This is her next to our longer sediment cores, which are kept in long drain pipes until we open them back on land.



Jim looks at where ice has been using the rocks that we find below the sea floor! On the lab table there is a sediment core - a big metal tube we drop into the sea floor, and brings up mud for us to look at!



Outside at the back of the boat, this is Laura, who is dressed up ready to fire an XBT! This is a sensor we drop off the ship while we are still moving, and it tells us what is happening at different water depths so we can get better pictures of the sea floor.



Asmara spends a lot of her time looking for tiny fossils in the sediment that can tell us what life was like at the bottom of the ocean. These are called foraminifera. We use these fossils to find out how old our mud is!



# Equestrian News



What an exciting start back to school we have had, with new ponies and everyone is delighted to get back to the stables again.

We will introduce you to the new ponies next week, but for the moment to please remind everyone: **All riders should bring their own gloves to the stables for their riding lessons.**

We would strongly recommend that riders should also have their own riding hats, this is much more hygienic in any case. Please note that if you choose to shop for a new hat at Griggs (Hewaswater, St Austell), not only are they taking every precaution to sanitise and quarantine hats after trial, but they will also give you a discount on hats and body protectors. Just let them know you have come from Polwhele and they will apply a 10% voucher.

We must disinfect every saddle and bridle between riders, and we must also use face coverings for mounting/dismounting or adjusting stirrups etc—each time we are within 1 metre distance of a child. We will be issuing each rider with a Polwhele Bandana—they have become quite the fashion statement it seems, and are very easily popped up and slipped down as required.

Finally, we would like to extend a very, very warm welcome to all of our new pupils at Polwhele. Please note that every non riding pupil is invited to a free riding taster session, to try out riding for themselves—just let your teacher know if you'd like to try a taster and we will do the rest.

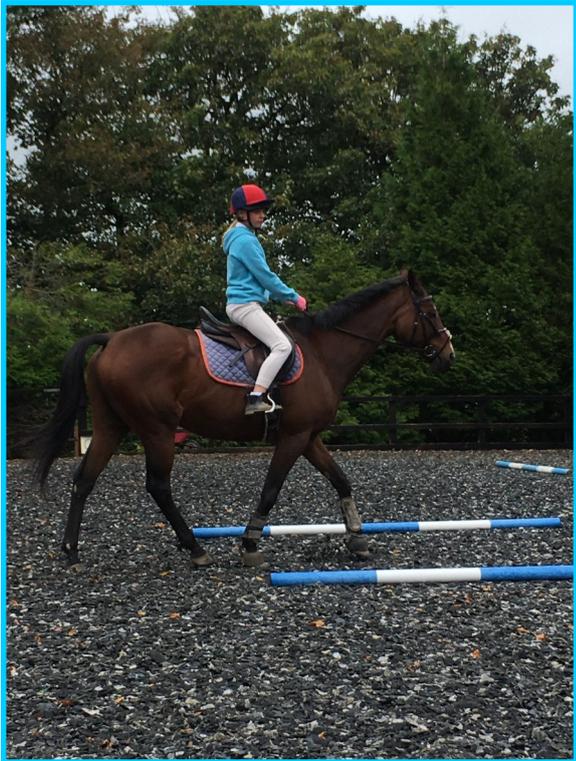
We are delighted to be back and look forward to seeing everyone in due course !

## OUT & ABOUT:



Rupert—monitoring the situation!

# Equestrian News

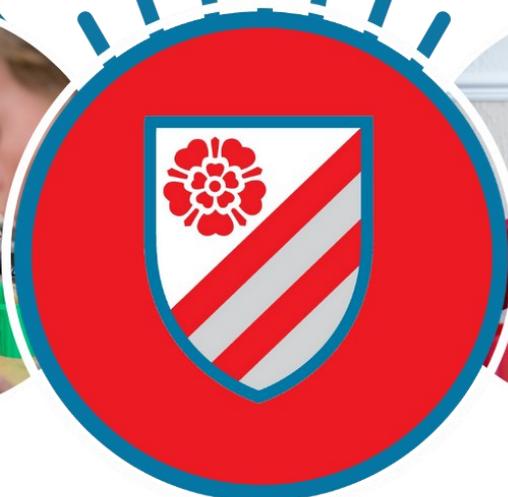


Its great to have our Equestrian Scholars back riding and working the ponies!





# School Menu



## The Weekly Menu

• FOOD GLORIOUS FOOD •



Monday	Green Pesto Pasta with cheese, tuna, salad & homemade bread Fruit Muffin
Tuesday	Beef Lasagna/(V) Vegetarian Lasagna with salad & homemade bread Custard Biscuit
Wednesday	Roast Gammon with roast potatoes, cauliflower & carrots (V) Cauliflower Cheese Fruit Pie with custard
Thursday	Beef Burger/(V) Chickpea Burger With a bap, potato wedges & salad Millionaire's Shortbread
Friday	Fish Fingers/(V) Vegetarian Sausage Roll With potato wedges & mixed veg Fruit cheesecake



# Polwhele House Society News



## Date for the next PHSoc AGM:



Friday 25th September

9.00am

Via Zoom or at an agreed location (TBC)

Please contact: email [laura.wright@live.co.uk](mailto:laura.wright@live.co.uk).

The PHSoc look forward to welcoming new and known members to the meeting.

Contact details for Class Representatives will be shared next week in the Polwhele Post.



## **Secondhand Uniform:**

Secondhand uniform is available from the PHSoc Uniform shop.

Please contact: [kathryn.nicholas@hotmail.co.uk](mailto:kathryn.nicholas@hotmail.co.uk)

Please let Kathryn know what you need and she will see if the items you are requesting are available.

Thank you.





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