

**Issue No. 375**  
**March 2020**

# THE Polwhele Post

**THE NEWSLETTER OF POLWHELE HOUSE**  
**From the Head....**

## Diary Dates

We lost our crystal ball this week and so are unable to let you know the dates of any future events!

However, we are all working to support you and your children in every possible way.

This is a new challenge which makes Snow Days (remember them?) look like a walk in the park (with a toboggan).

But with Polwhele Community Spirit we know we will come through smiling.

We will miss you all—stay in touch with us and with each other.

Dear Parents

How things have changed in a week. Last week we were looking forward to the extremely successful Cross-country event—which turned out to be our one of our last events before closure. Fortunately we managed to hold the Set Matches but everything else was cancelled as the advice was increasingly centred around isolation.

So this is our last day of term—except for the children of key workers. We have exciting work planned for your children and support from their teachers and next week we will be trialling some rather different ways of working together—we really love teaching your children and want to make sure that their learning continues in the best possible way under these strange circumstances.

Of course, we have also accelerated the need to say a sad farewell to Mrs Lusty, whose swansong event was a testament to her organisational powers and her love of encouraging the children to participate. Thank you for all you have brought to Polwhele, Mrs Lusty. We all wish you and your family the very best as you enjoy new opportunities.

The children had a wonderful time using the new Adventure Playground this week. We were so excited to see the children use the wonderful new equipment (but not as excited as they were). Thank you to the PHSoc for all the fundraising, all the hours of determined hot-chocolate-making in the wind and rain, all the inspired catering and events; I'm sure every one of you agrees that it was all worth it. It is beautiful and makes your children smile. Come back and use it soon!

Best wishes and stay healthy

Mrs Mann

[head@polwhelehouse.co.uk](mailto:head@polwhelehouse.co.uk)

*'Karenza whelas karenza'*

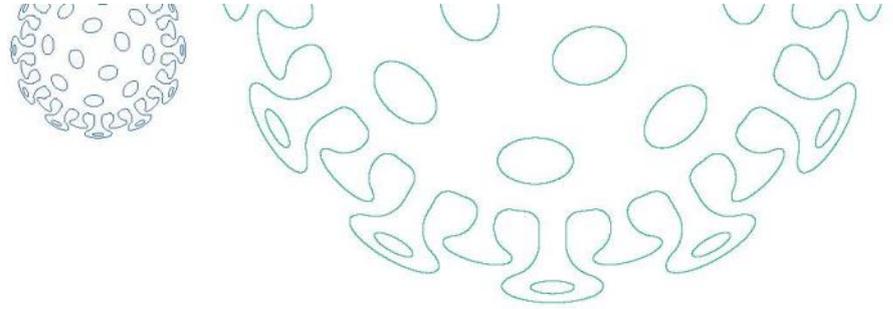
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# COMMENDATIONS

17TH March 2020

<b>Kai Jones</b>	<b>Y4</b>
<b>Yusuf Aly</b>	<b>Y4</b>
<b>Milo Willis</b>	<b>Y4</b>
<b>Jacob Wright</b>	<b>Y4</b>
<b>Poppy Stevenson</b>	<b>Y6</b>
<b>Clementine Smith</b>	<b>Y1</b>
<b>Karma Toms</b>	<b>Y7</b>
<b>Daisy Hassell</b>	<b>Y7</b>
<b>Yasmin Lewis</b>	<b>Y7</b>
<b>Emily Cochrane</b>	<b>Y7</b>
<b>Lucia Warden</b>	<b>Y6</b>
<b>Poppy Stevenson</b>	<b>Y6</b>
<b>Darcy Howe</b>	<b>Y6</b>
<b>Elizabeth Headon</b>	<b>Y8</b>
<b>Evie Builder</b>	<b>Y5</b>
<b>Leo Nicholas</b>	<b>Y5</b>
<b>Lena Warner</b>	<b>Y5</b>
<b>Pippa Alford</b>	<b>Y5</b>
<b>Lucy Alford</b>	<b>Y5</b>
<b>Gus Dunn</b>	<b>Y5</b>
<b>Rex Zhou</b>	<b>Y5</b>
<b>Rafey Trefusis</b>	<b>Y2</b>
<b>Rosalie MacDonald- Smith</b>	<b>Y2</b>
<b>Rex Morse-Giles</b>	<b>Y2</b>



# Advice on the coronavirus for places of education

## How serious is the coronavirus?

- it can cause flu-like symptoms, including fever, cough & difficulty breathing
- the infection is not serious for most people, including children
- there is currently no vaccine
- most people get better with enough rest, water to drink and medicine for pain

## How likely are you to catch the virus?

- you can only catch it if you have been close to a person who has the virus
- the chance of being in contact with the virus is currently low in the UK
- if you have travelled to areas where many people are infected, your chance of catching the virus is higher, i.e. China and any affected areas

## How can you stop coronaviruses spreading?

### If you need to cough or sneeze



**Catch it**  
with a tissue



**Bin it**



**Kill it**  
by washing  
your hands with  
soap & water or  
hand sanitiser

### You should wash hands with soap & water or hand sanitiser



**After breaks  
& sport  
activities**



**Before  
cooking  
& eating**



**SCHOOL  
ETC.**  
On arrival at  
any childcare  
or educational  
setting



**After using  
the toilet**



**Before  
leaving  
home**



Try not to touch your eyes, nose, and mouth with unwashed hands



Do not share items that come into contact with your mouth such as cups & bottles



If unwell do not share items such as bedding, dishes, pencils & towels



Stop germs spreading with our e-Bug resources on hand and respiratory hygiene lesson plans for KS1, 2 and 3: [campaignresources.phe.gov.uk/schools](https://campaignresources.phe.gov.uk/schools)

## What should you do if you feel unwell?

Keep away from others and stay at home to stop the infection spreading. Avoid public transport if you think you have symptoms of coronavirus. If you become unwell at a place of education, tell a member of staff and let them know if you have travelled to any other countries in the last 14 days.

If your staff member or parent thinks you have symptoms of coronavirus, they should call **NHS 111** for advice. Follow the UK Government advice for childcare or educational settings [gov.uk/government/publications/guidance-to-educational-settings-about-covid-19](https://www.gov.uk/government/publications/guidance-to-educational-settings-about-covid-19). Parents can visit [NHS.UK](https://www.nhs.uk) to find out more information. Teachers and support staff should follow the UK Government advice.

Staff, students and pupils who have returned from Wuhan and Hubei Province in China should self isolate, and NOT attend education or work for 14 days. See [NHS.UK](https://www.nhs.uk) for advice on coronavirus.

**If there is an emergency, call 999 immediately**



## ART NEWS

Thomas Hooper in Year 5 has recently been on an exciting trip to London with his Grandma.

They were invited to the private view of paintings by the artist James Lloyd.

Thomas said it was exciting to see the paintings that were actually very big and to see everyone dressed up and looking at the art work.

James Lloyd is becoming a well-known artist and even has a painting in the National Gallery in Trafalgar Square.



# LENT SPORTS NEWS

## Polwhele House Inter School Cross Country - 14 March 2020

After a lot of heavy rain during the week leading up to Saturday the clouds 'shut down' for a few hours enabling us to have a dry morning. Despite the dry air the ground was most certainly not.

***'Mud, Mud, Mud' was the order of the day but this did not deter 190 competitors from 17 schools turning up on 'Race Day'.***

The Primary Shield (Y3/4/5/6) was won by Truro Prep and the Secondary Shield (Y7/8) was won by Truro School. One of Polwhele's top runners on the day was Daisy who achieved third place in the Y7/8 Girls' race.



**Truro Prep**



**Daisy**

**Truro School**



Well done to all the Polwhele competitors who took part in the races and hopefully next year we can draw a larger team together for 2021.

***I would like to thank the many teachers, children and parents who gave up their Saturday morning to help ensure this event ran smoothly.***

It was fantastic to see the Polwhele Spirit alive and thriving on a cloudy Saturday morning. Thank you to all our magnificent helpers for all your efforts during what was a truly marvellous morning.

**LENT SPORTS NEWS**



**Mrs Lusty**



# LENT SPORTS NEWS

## Polwhele House Sports Colours 2019/2020

### 1. Full Colours – Y7 & Y8:

These are awarded to pupils who have shown exceptional skill and outstanding dedication in their sport during the year.

*They will have:*

- *Shown high levels of dedication and determination to succeed in that sport*
- *Maintained a highly positive attitude towards his or her sport in both training and matches*
- *Demonstrated good leadership skills and qualities*
- *Been a good 'role model' for the rest of the school*
- Full Colours – Y7 & Y8

These are awarded to pupils who have been selected for County or ISA squads/teams.

- Full Colours – Prep School

These are awarded to pupils who have been selected for County or ISA squads/teams.

### Michaelmas Term

Swimming Full Colours awarded to:

#### Daisy Hassell

Daisy has been selected for and represented the ISA South West swimming team. She competed at the ISA Finals in London and came away with a silver medal for 50m Freestyle. Daisy has not only competed for the ISA SW team, but she has also shown great commitment and a positive attitude during all her swimming sessions, always encouraging her peers to do their best. Well done, Daisy.

### Lent Term

Netball Full Colours have been awarded to:

#### Elizabeth Headon

Elizabeth has been a fantastic Netball Captain this season. She shown great skill and fitness on court, tackling all fixtures in a positive manner no matter the score line. Her team talks have been constructive and motivational. She always does her best to inspire her team mates to work for the good of the team both through her own play and advice.

Cross Country Full Colours have been awarded to:

#### Daisy Hassell

Daisy has been selected to represent the ISA at the Cross-Country Finals at Worksop College in March and she was selected to represent the Cornwall Schools Cross Country team in Bournemouth in February. Daisy has been a dedicated member of our cross-country club, always striving to increase her speed and endurance on the course while spurring on her peers to do the same.

# LENT SPORTS NEWS



**Our Sports Captains for the Summer Term are:**

**Rounders = Elizabeth**

**Athletics = Ivan**

**Cricket = Oscar**



# LENT SPORTS NEWS

## Set Cross country – Tuesday 17 March

Well done to all the children from Y2 all the way through to Y8 who took part in our Set XC event. The course had dried up a bit but we still changed the route slightly so as to avoid the boggy bottom track and slippery 'garlic' hill in the woods. The numbers on the start line were slightly depleted but those who set off did a sterling job on the day. Well done to you all and congratulations to the Set Cross Country winners this year - The Owls!

The Top finishers on the day were:

**Y2 – Beatrix Wood and Bertie Payton**

**Y3/4 – Alexis Bell and Freddie Sexton**

**Y5/6 – Tommy Marsden and Jessica Pearce**

**Y7/8 – Daisy Hassell and Dan Davey**



# LENT SPORTS NEWS

## Senior Set Netball & Football – Wednesday 18 March

With dwindling numbers we decided to play both these set matches on Wednesday to ensure they were played before the end of the term. All of the girls & boys in Y5/6/7/8 joined in and we played a game of mixed netball and a game of mixed football and 'tweaked the rules' a bit to ensure we all had fun on the hard courts. The netball was a thrilling draw and the football was a rather one sided affair with Owls winning 2 – 0. Well done to you all, it was wonderful to be outside in the fresh air enjoying some sporting fun.

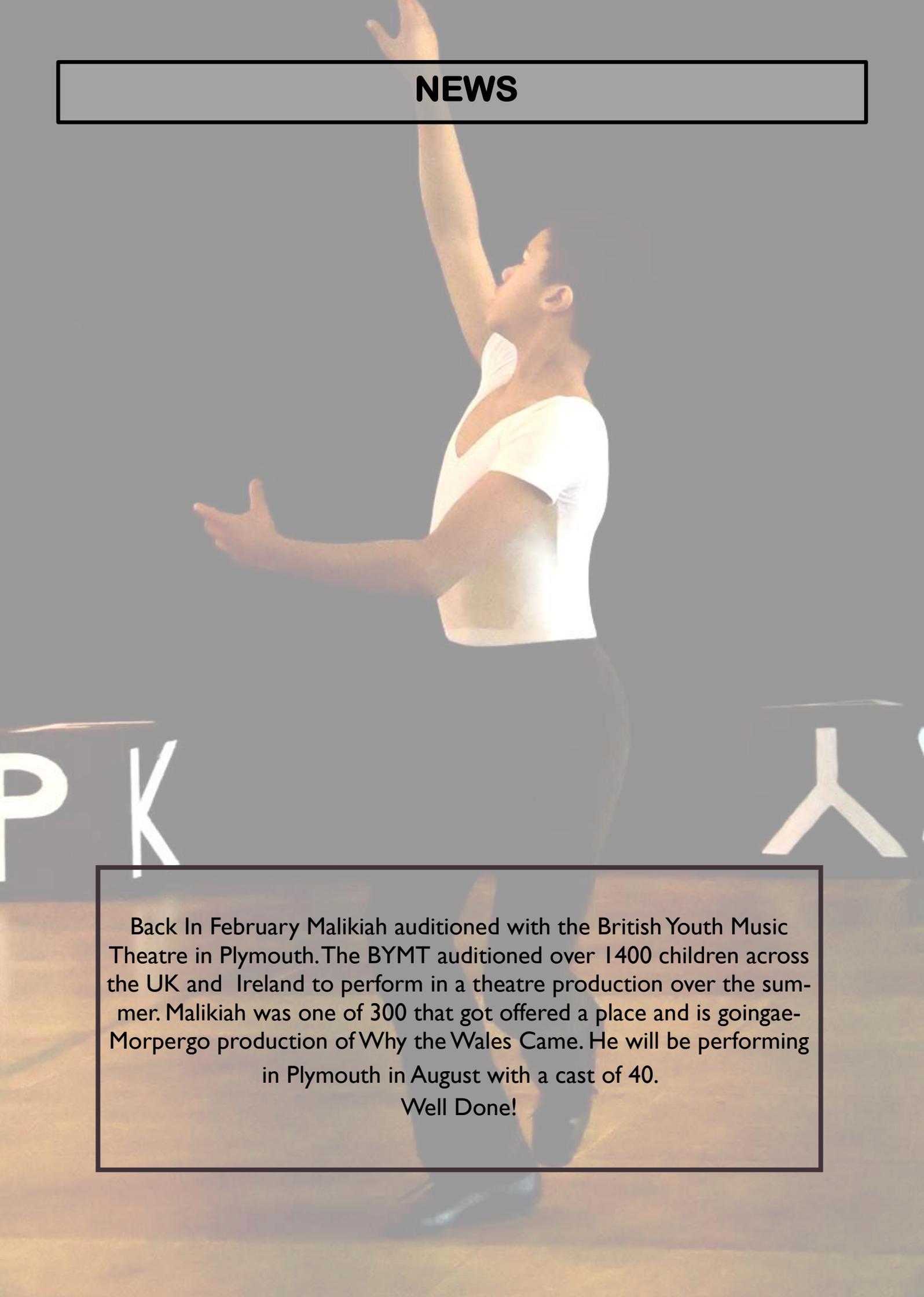


## Summer Sports 2020

The children will do field and track athletics, cricket, rounders, tennis and swimming. Please ensure they all have suitable trainers and white socks for the PE & Games lessons. White cricket trousers may be worn during cricket sessions. The children will also need to have goggles and a school swimming cap for their pool lessons.



## NEWS



Back In February Malikiah auditioned with the British Youth Music Theatre in Plymouth. The BYMT auditioned over 1400 children across the UK and Ireland to perform in a theatre production over the summer. Malikiah was one of 300 that got offered a place and is going to a Morpergo production of Why the Wales Came. He will be performing in Plymouth in August with a cast of 40.

Well Done!

# POLWHELE EQUESTRIAN NEWS

As we approach the end of Lent term, sadly we are unable to hol. We would like to let you all know, that we will keep our secret Polwhele clues (very secret !), and as soon as we are back at school we'll have an amazing Treasure Hunt instead ! In the meantime, the ponies hope you all have a wonderful Easter, with lots of delicious Easter Eggs !



## OUT AND ABOUT



# POLWHELE EQUESTRIAN NEWS



*Handwritten signature or logo*

# Lunch Time Menu

A cartoon illustration of two children sitting at a table. The child on the left is a girl with brown hair in pigtails, wearing a blue shirt. The child on the right is a boy with brown hair, wearing a purple shirt. They are sitting at a light-colored table with various items on it, including a purple lunchbox, a yellow bowl, a white plate, and a blue cup. The background is white.

## Monday 23rd March

Butternut Squash Lasagne

Served with Salad

Fruit Muffin

## Tuesday 24th March

Pork Sausage

Vegetarian Sausage

Served with Mashed Potatoes peas and Gravy

Chocolate Chip Cookie

## Wednesday 25th March

Roast Chicken

Cauliflower Cheese

All Served with Roast Potatoes, Carrots and Cauliflower

Jam Cake and Custard

## Thursday 26th March

Ham Quiche

Cheese and Onion Quiche

All Served with Baked Potato and Salad

Chocolate Easter Nest