

Issue No. 374
February 2020

THE Polwhele Post

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

Diary Dates

March

Saturday 14th

9:30pm Polwhele
House Interschool
Cross Country

Tuesday 17th 2:00pm

Y2 to Y8 Set Cross
Country (this in-
cludes the PAS
scholars as it falls
on a Tuesday)

Wednesday 18th

2:30pm

Senior Set Netball

Saturday 21st 08:00

Coose Trannack
Cross Country at
Trannack School in
Helston

Tuesday 24th 2:30pm

Junior Set Football

Wednesday 25th

2:30pm

Senior Set Football

Dear Parents

It seems this week that the only thing I can talk about is the Coronavirus. This is inevitable as things are moving so fast—and I thank you for your patience.

There is a letter in this edition of the Post, describing what we are doing, which supplements the information regarding the possibility of home working, sent out earlier this week. We are (as advised) continuing as normal, with the Cross-country, Performance Evening and Parents' Evening going ahead as planned—unless advice changes in the meantime!

On a more positive note, I'm looking forward to Saturday's Cross-country Race. Last year I attended, accompanying a team, and so it will be a particular pleasure to be in the position of welcoming our guests a year on. My thanks to the PHSoc and staff (as well as family and friends) who are coming together to make this an exciting occasion for our school family.

I'm sure you are as delighted as I am with the success of the tokens system. Please do encourage your child to have their tokens marked up and added to their house 'tube' - the first count (and prize) is imminent! The Blessing and Grand Opening is a treat for next week.

Best wishes

Mrs Mann

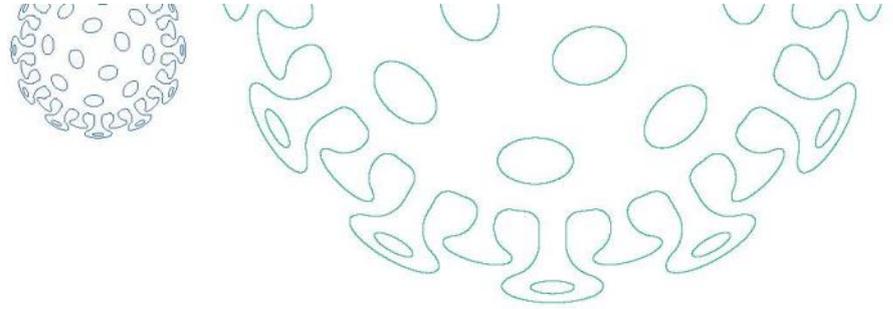
head@polwhelehouse.co.uk

'Karenza whelas karenza'

COMMENDATIONS



Rupert Watkins-Aiken	Y5
Rex Zhou	Y5
Daisy Hassell	Y7
Jessica Pearce	Y6
Elizabeth Headon	Y8
Yasmin Lewis	Y7
Emily Cochrane	Y7
Poppy Stevenson	Y6
Harrison Gujral	Y1
George Holder	Y6
Annabel Brantingham	Y2
Bertie Payton	Y2
Beatrix Wood	Y2
Jack Laing	Reception
Louis Bateman	Reception
Elie Godfrey-Sharman	Reception
Thomas Heath	Reception
Grace Perryman	Nursey
Calypso Wood	Nursey
Henry Heath	Y2
Annabelle Braintingham	Y2
Isla Thomas	Y2



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

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





Dear Parents and Carers,

Coronavirus

Thank-you to everyone for their calm and sensible attitude over recent weeks.

We are now updating our absence procedures, in line with new advice on the management of Covid-19 (Coronavirus).

From today, Friday 13th, any child or member of staff with a new, persistent cough or a temperature above 37.8 should remain at home for seven days (or longer as advised by NHS 111).

If your child won't be at school, please let us know by e-mailing office@polwhelehouse.co.uk. We need to know what symptoms your child has and when they began.

Please do not bring children who have potential symptoms onto the school site to collect or drop-off siblings.

We will provide work if your child is fit enough to complete it – please let the Office know so that we can make arrangements.

If a significant number of school staff need to self-isolate there may be changes to class structures. This means classes of children may be put together or a different member of school staff may lead a class. We will do our very best to minimise disruption.

We will ask all visitors if they have any symptoms before they are allowed onto the school site. Parents with a persistent cough or temperature should not come to school. If this causes a problem with pick up or collection, please let us know and we will try to help.

We have all been told that hand washing is the best way to avoid infection; your children are doing a tremendous job of brilliant hand-washing but we all need to be vigilant.

We are also doing work across the school to inform the children about Coronavirus and help calm those who are anxious. If your child is worried, do talk to them about Coronavirus and the fact that most people experience mild symptoms and recover well. Some children have been reading mis-information on the internet at home and this is heightening their worry, so you may wish to check how they are feeling.

We have a number of children in our school and also in our school community who have very vulnerable health. It is vital that we all work together, as a community, to ensure that we protect these children as best we can- as well as looking after everyone else. We would like to thank you all in advance for working with us to ensure that Polwhele is in the best possible position to tackle this challenge.

We will keep you updated as often as we have new information.

If you have any questions, please do not hesitate to e-mail or ring us.

Yours sincerely

Hilary Mann

Reminders



Penhaligon's Friends
changing bereaved children's lives

Easter Eggs for Supporting bereaved children, young people, parents and carers throughout Cornwall (Penhaligon's Friends). Please donate a egg by dropping it in to the office by the 26th March Please help this wonderful cause.

We are keen (finally) to launch and use ParentMail. If you are not signed up yet, please would you do so. If you need help please come to the Office



Please would you bring in any spare boys' swimming trunks for us to use as we no longer have any spares!

Please also remember that all children need a school swim hat and goggles

If your child was inspired by the recent drum assembly you may be interested to know that STICK-AT-IT drum tutor Tim Senior has a limited number of spaces available for drum kit lessons from the summer term. Lessons take place every Tuesday morning during term time. Places are allocated on a first come, first serve basis.

Individual lessons from £12.52. To apply go to www.stick-at-it.com/apply, or for more information you can contact Tim on [07812 602678](tel:07812602678) or email tim@stick-at-it.com

NEW CLUB

Next term we have the possibility of providing a new club – which we have not named yet! It will involve working in the woods learning Forest Skills with a qualified instructor – and I think many of our children will be excited to take part.

Because we're using an outside person, there will be a cost involved, which is likely to be around £35 for 6-week course.

We'd like to offer it to the Prep School if we can gather 16 children .

So the question is – shall we offer the course? Please let the Office know if you would be keen to join and we will make our decision based on your response.

Careers Adventure: Mr Giles.

On Friday 7 March, we were delighted to welcome Mr. Giles into an afternoon assembly for Y2 to Y8. Mr. Giles is the town crier for Fowey. He shares news and messages at special events and in the town. He spoke to the children about his role and the skills he needed to do this job.

We all enjoyed having a go at being a town crier, saying the famous words said before an announcement: 'Oyez! Oyez! Oyez!' and Ozzy had a go on his own. He did a super job! The word 'Oyez' means 'hear ye,' which is a call for silence and attention.



Mr. Giles answered questions from the children. He explained about the elaborate and impressive clothing he wears which is based on traditions from the 18th century: a red and gold robe, breeches, black shoes and a tricorne hat. Can you spot the fantastic Cornish tartan on his costume? He presented his handbell which he has had engraved with the name of his rôle and the bell's name, Bessie. He reads his messages from a special scroll.

We found out that town criers can be male or female and can give royal announcements. Mr. Giles also talked about the history of town criers. He gave the children some tips about how to project their voices, especially when performing.

After Y2 to Y8 had asked lots of thoughtful questions, we finished with the last words town criers speak after delivering their messages, 'God save the Queen'.

Thank you Mr. Giles for coming into school and giving up your time to tell us all about your amazing job.

We all really enjoyed your presentation.



Mrs Topsey-Eaton

LENT SPORTS NEWS

Junior Set Netball - Tuesday 10 March

Well done to all our Y3 & Y4 children who braved a rainy afternoon out on the netball court to play their set match. We warmed up with a skills session and some team games before playing 2 mini matches. The overall result was a 1 – 0 victory to the Herons with the goal being scored by Delilah Willis. Well done to you all.



U11 Fotball – St Joseph’s, Launceston

On a fine sunny day (surprisingly), Year 5 and 6 boys travelled to St. Joseph’s for a mini-football tournament. The football pitch was waterlogged, so the tournament took place on the Astro pitch.

Our first game was against St. Joseph’s A team. Despite some great goalkeeping by Leo and some good football we lost 2- 0. However, the boys were positive and in their second game against St Petroc’s they comfortably won 2 – 0, with goals from James and Thomas. The important third and final game against St Joseph’s B team kicked off with Polwhele in great attacking form. Two goals from captain Tommy ensured a 2 – 0 victory, even a penalty miss couldn’t take the gloss off the game. Polwhele finished the tournament joint top, a great performance by the boys. Man of the match award went to ‘Birthday Boy’ Rupert who defended and attacked with great energy.



U11 Netball – St Josph’s, Launceston

On the 11th of March, Emily (captain), Jessica, Lena, Pippa, Lucy, Bella, Evie and of course, Mrs Lusty, travelled to St Joseph’s to play a netball match.

Everyone played amazingly and the teams were a very good match. In the first quarter, St Joseph’s scored, as well as shooting two goals in the last quarter. At the end, St Joseph’s player of the match was Jessica and Mrs Lusty’s player of the match was Bella. Bella made brilliant progress throughout the match.



LENT SPORTS NEWS



Set cross Country-Tuesday 17th March

All children from Y2 – Y8 will be involved in this event (including PAS).

Race times:

Y3/4 2:20 warm up: 2:15

Y5/6 2:35 warm up: 2:30

Y7/8 2:55 warm up: 2:50

Y2 3:20 warm up: 3:15

Good luck to you all.



Senior Set Netball-Wednesday 18th March

All the girls in Y5/6/7/8 will take to the court to see who the netball champions are this year – Owls or Herons. Good luck girls.

LENT SPORTS NEWS



Senior Set Football part 1 Wednesday 18th March

All the boys in Y5 & Y6 will take part in this match (change in Set Football arrangements/fixtures due to Songfest on 25 March which Y5 are taking part in). The scores from this match will be added to Part 2.

Good luck boys.



Inter-School Cross Country – Saturday 14 March

Good Luck to all our competitors taking part in our annual inter-school cross country on Saturday

POLWHELE EQUESTRIAN NEWS

Introducing Betty

We are delighted to introduce the lovely Betty, who is in for training with us. Betty is a young Bodmin Moorland pony, standing at 13.2 hh. Our Equestrian Scholars will be helping to work Betty with groundwork first of all, and then on to riding.

Betty is very clever, and learns very quickly, and is always very keen to please. She was beautifully behaved with the vet last week, and had her teeth done along with vaccinations. We're sure she will be a very special pony –watch out for more updates !



OUT AND ABOUT



10
CROSS

POLWHELE EQUESTRIAN NEWS



HAPPY WORLD BOOK



World Book Day

Well, you can't say we don't listen!

Last week we celebrated World Book Day by dressing up as book characters (even though we said we wouldn't do it this year). After a sustained campaign by the children, we took a vote—which was overwhelmingly in favour of dressing up—so we did.

The variety of favourite characters was remarkable—from Spiderman to a dragon, from Fantastic Mr Fox to Lord of the Rings. What a wonderful display!

The book illustrations are beautiful. We are choosing one from each class to be part of a school display.

BOARDERS' MENU

A cartoon illustration of a young boy with brown hair, large eyes, and a pink tongue sticking out. He is wearing a green shirt with red cuffs. He is sitting at a table with a red and blue checkered tablecloth, eating spaghetti from a white plate. The spaghetti is topped with red sauce and cheese. The background is a light blue gradient.

Monday 16th March

Sausage Plait

With Beans

Tuesday 17th March

Pasties

Yoghurts

Wednesday 18th March

Chicken Curry

With Rice

Chocolate Cookies

Thursday 19th March

Cottage Pie

With Veg

Doughnuts

Lunch Time Menu

Monday 16th March

Jacket Potato

Served with Cheese, Tuna and Salad

Blueberry Cake with Clotted Cream

Tuesday 17th March

Pasta Bolognese

Vegetarian Pasta Bake

Served with Homemade Bread and Salad

Custard Biscuit

Wednesday 18th March

Roast Turkey

Aubergine and Tomato Bake

All Served with Roast Potatoes, Carrots and Cauliflower

Fruit Crumble and Custard

Thursday 19th March

Beef Burgers in a Bap

Vegetarian Chickpea Burger In a Bap

All Served with Potato Wedges and Coleslaw

Chocolate Fudge Cake

Friday 20th March

Battered Fish

Quesadilla Bake

All Served with Potato Wedges and Mixed Veg

Baked Cheesecake with Jam Topping