



Lucy Gambier
Headteacher

Dear Parents and Carers,

It's hard to believe that 6 weeks have already flown by since we welcomed back students at the start of term! So much has happened since we returned and the past two weeks since my previous Parent Update have been no different with the recent Open Evening being a particular highlight. It was a pleasure to open our doors to prospective families on Tuesday 3rd October and the school was a hive of activity throughout the evening with so much going on!

A big thank you must go to the incredible Penrice student volunteers who showcased what we're about so brilliantly on the night, from our Student Tour Guides to our Subject/Department Helpers. All students were incredible role models and we

couldn't have done it without them! For those of you reading this who had children help out during the event, you should be very proud. Students were an absolute credit to the school and we have received wonderful feedback from prospective families who attended.

Looking ahead to what is in this Parent Update, we bring exciting news of an upcoming Parent Forum as well as the launch of both Curriculum Enrichment Week for Years 7-9 and Work Experience Week for Year 10. We also share an update on attendance as we draw closer to the winter months.

Lastly, Mr Darbourne (Head of Year 7) has written some lovely words for our Year 7 families that I wholeheartedly echo. It has been a fantastic start for our newest cohort of Penrice students, they have settled in incredibly well and we are very excited about their journey ahead with us. Wishing all of you a relaxing half-term.

- Lucy Gambier





Students Thank Local Vets for Saving School Cat

Dora, one of our school cats, was unfortunately hit by a car a few weeks ago and consequently suffered a broken leg in three places. Due to the extent of her injuries, her leg has been amputated.

The vets have assured us that cats can live full and long lives with three legs, she just might be a little slower! Dora is being rehabilitated by Miss Harding and has been restricted to a few weeks of limited exercise before being able to freely move around again.

Our students and staff have been so grateful for the incredibly talented professionals at

Penmellyn Vets who have helped Dora on her path to recovery.

Last week, our Year 8 students baked Butterscotch Biscuits with many students opting to donate some or all of their bakes to the vets as a thank you gift. Our Animal Care students also created a heartfelt thank you card.

Dora was taken to the vets on Friday last week for a pre-planned check-up where our BTEC Animal Care students presented the gifts (featured image above).





Autumn Term Parent Forum

We would like to invite you along to share your views at our Autumn Term Parent Forum on Thursday 2nd November, 5.30pm - 6.30pm.

This is a great opportunity to meet some of the Senior Leadership Team and share your feedback both in terms of what you think is working well but also areas that we can improve.

Please sign up via the link below and add any suggested topics that you would like to discuss – this will help us to form the agenda. We will try and accommodate everybody who applies, but in the event that the forum is oversubscribed, those who are unable to attend will get first refusal at the Spring Term Parent Forum.

[Register for Parent Forum](#) 

YEARS 7 & 8 SAVE THE DATE



Years 7 & 8 Meet the Tutor Evening

Thursday 9th November, 3:30pm - 6:30pm.

Further details will follow in the near future.
Advanced appointment bookings will be required.

YEAR 8 UPDATE FROM MR JOHNSON

What a busy first half-term! Our year group focus is taking opportunities and Year 8 have certainly stepped up to this! We have had successes in sport, in Penrice Plus and so many students who are involved in our upcoming production of Oliver Jr!

It was a particular highlight to be able to watch our girls' netball team take on Millfield School and demonstrate great character virtues before the very next day defeating Truro High School for Girls. As I write this, our boys are competing in a rugby tournament and I am sure they are giving it their all.

The second half of Autumn term brings a range of fun and exciting opportunities for Year 8 including our Celebration Assembly when we reward students for a variety of reasons including our highest attenders and students who have made an excellent contribution to the academy.

Please continue to share achievements with me so I can celebrate these with our year group.

Finally, in an exciting change of plan, we have replaced January's planned Year 8 Information Evening with a Year 8 Meet the Tutor Evening which will take place on Thursday 9th November, 3:30pm - 6:30pm. Further details will follow in the near future, but please save the date. It will be a great opportunity to have some face-to-face time with your child's tutor and to discuss your child's progress.





Curriculum Enrichment Week 2024

CURRICULUM ENRICHMENT WEEK 2024 - LAUNCH

Earlier this week, we were delighted to announce the launch of Curriculum Enrichment Week 2024 (CEW 2024) for Years 7-9!

Like last year, students in Year 7 will be participating in an exciting range of activities with their year group, while students in Year 8-9 will be able to choose one of 15 activities ranging in location from Penrice to Barcelona.

Initial non-refundable deposits (25% of the cost of the activity) are due by 3pm on Monday 4 December, with the remaining balance paid over 5 subsequent monthly payments, all via ParentPay.

Year 7

The Year 7 CEW Experience is looking better than ever for CEW 2024! Thank you to the Activity Leader, Mrs Tooley, who has managed to secure a space at a local campsite so all students in Year 7 can experience what it is like to stay overnight with their form group (for one night only).

We will also be returning to the most popular locations from last year, including a day at the beach, Roller Rink, Adrenaline Quarry and finishing it off with a whole-year-group 'Form

Funday' back at school on the Friday. What a way to see in the summer holidays!

Year 8 & Year 9

Students in Year 8 and Year 9 will once again be able to choose from an exciting range of activities from Penrice to Barcelona!

We are also delighted to see the return of Chill & Thrill to this year's menu as well as some of the old favourites such as Action & Adventure, Fishing Week and All Things Creative. There are some brand new exciting activities too, including Awesome Outdoors and Public Services Experience. We can't wait!

All in all, we have 2 international residentials, 3 UK residentials, 8 activities in and around the local area and 2 based here at school. Check out the relevant brochure for more information.

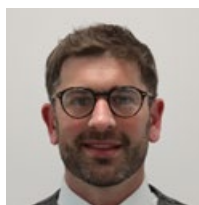
Preferences Submission Deadline

The deadline for applications is 10pm on Friday 3rd November 2023. A link to the application form was sent out to 'Priority 1' Parents/Carers in an electronic letter earlier this week. Please contact our Reception Team if you need a copy of the letter or if you are unable to access the online form.

Pride

Respect

Success



Mr Darbourne
Head of Year 7

CAN YOUR CHILD HELP?

Cornet or Bugle Player Required for Upcoming Remembrance Ceremony

We are on the hunt for a student who plays the Cornet or Bugle who would be able to play 'The Last Post' for us on Friday 10th November. If your child would be happy to help, please contact: enquiries@penrice.org.uk, starting your email with *FAO: Paul Johnson, Head of Year 8.*

Walking Talking Mocks

It has been superb week of effort and concentration from our Year 11 students who sat their Walking Talking Mocks this week.

These mock exams are a great anxiety-buster for this summer's GCSE papers, with the full support of teachers who talk students through the exam questions. There was also an occasional well-deserved sugary treat during some sessions.

Year 7 Update

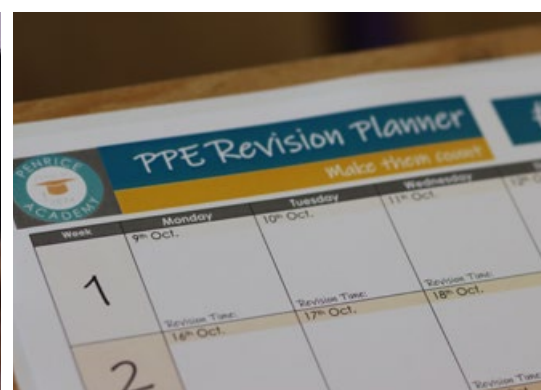
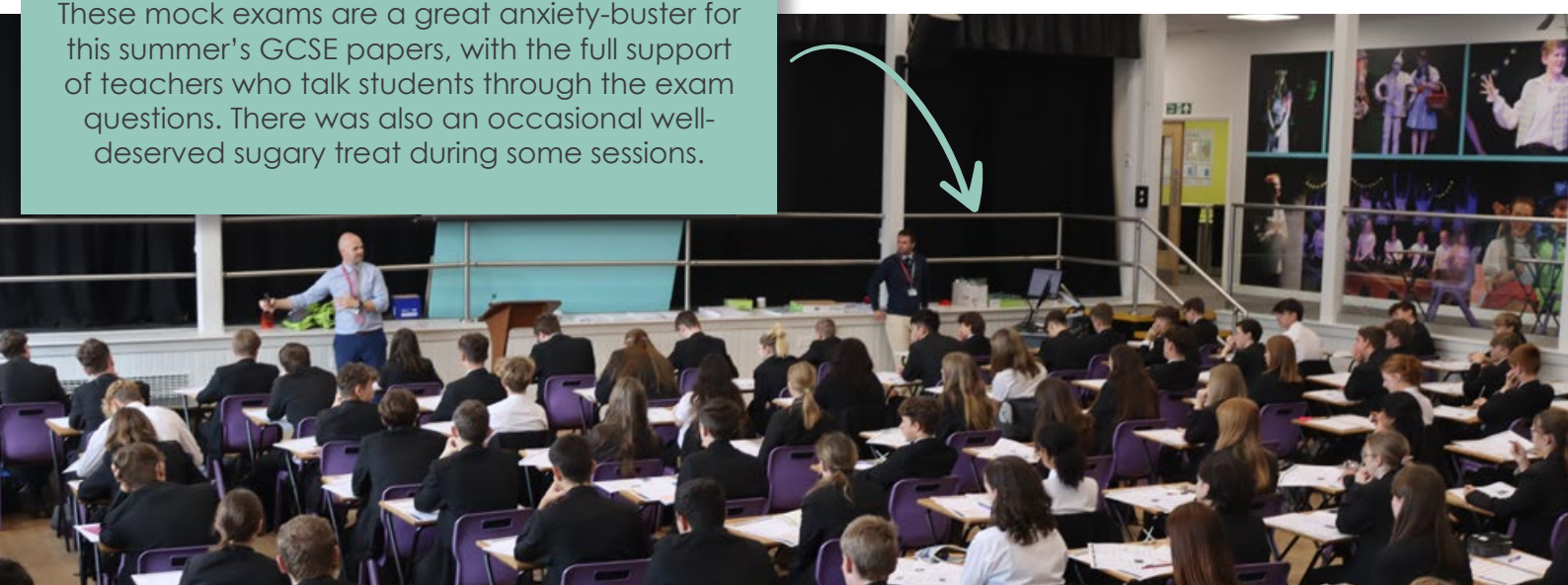
It's hard to believe that the first half term of the school year is already behind us, and what an incredible journey it has been for our Year 7 students at Penrice Academy!

As we reflect on these past weeks, it's clear that our Year 7 students have embraced the Penrice spirit with enthusiasm and a thirst for knowledge. From the first day of school to now, they have shown remarkable growth, adaptability, and a strong sense of community.

As we move into the second half term, we look forward to nurturing the potential of our Year 7 cohort even further. We have exciting lessons, projects, and events planned, and we are confident that our students will continue to thrive and make us proud.

Thank you for entrusting us with the education and wellbeing of your child. We are excited about the journey ahead and can't wait to see all the amazing achievements our Year 7 students will accomplish.

Wishing you a restful and enjoyable half-term break!





ART COMPETITION WINNERS ANNOUNCED

Congratulations to
Rose (Year 9)
and
Jessica (Year 8)

Winners of the recent Art
Department competition.

The competition was based on
one of the rounds in Sewing Bee
and asked students to design or
construct an item of clothing using a
famous painting as the fabric.



PENRICE PRELOVED

Winter Clothing Donations Needed

If you have any pre-loved winter clothing such as coats, gloves or hats that you would like to re-home, please hand them into the Penrice Reception washed and clean where they can be given to our students for use over the colder winter months.

The Pre-Loved Uniform Shop also continues to welcome any pre-loved uniform donations. Thank you in advance for your generosity.



TRURO COLLEGE POST-16 OPTIONS EVENING

THURSDAY 19TH OCTOBER

Year 11 students and their families are invited to attend a Post-16 Options Evening during half-term at Truro College.

The event will take place on Thursday 19th October from 5pm-8pm.

Please read the letter below for further information.

**Penrice Post 16 Options
Evening Letter (PDF: 202KB)**



OPEN EVENING

**Newquay Tretherras
Sixth Form Open Evening**

Thursday 2 November, from 5.00pm - 7.00pm.

More Information



COST OF LIVING, PUPIL PREMIUM AND FREE SCHOOL MEALS

A reminder to parents and carers who may be struggling with financial hardship that there are links to available support on our website's Cost of Living Page.

This page also contains information on whether you may be eligible to receive support with regards to Pupil Premium and/or Free School Meals.

Should you have any questions about your child's Pupil Premium support, please phone Reception and ask to be put in contact with your child's relevant Pupil Premium Lead(s):

Year 7: Alex Archer

Year 8: Kane Hartland

Year 9: Sam Ashby and Amy Forshaw

Year 10: Pippa Kelly and Victoria Goodison-Powell

Year 11: Natasha Hall and Lucy Palmer



WORK EXPERIENCE CAN YOU HELP?



If any parent/carer is keen to support our students and offer a work experience opportunity for our Year 10's, please email enquiries@penrice.org.uk and we will be in touch.

Placement dates:
Monday 22nd July to Friday 26th July 2024



Mr Hammersley
Assistant Headteacher - Careers and Aspiration

Work Experience 2024 - Launch

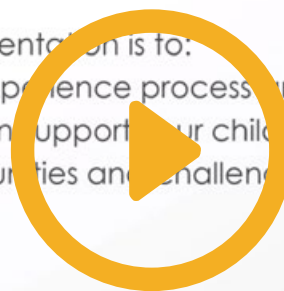
Earlier this week we launched Work Experience 2024 to our Year 10 students!

A letter was sent home to parents/carers earlier this week which included the information video available to the right via Youtube.

We have placed a wealth of information and resources on the website's Work Experience page to help families find and secure placements, and we will continue to work with students in their tutor groups.

Experience 2024 22nd – 26th July

The aim of this presentation is to:
- explain the Work Experience process and timeline
- inform how you can support your child to have a brilliant experience
- explain the opportunities and challenges
- answer FAQ's



e

Respect

Success

[Work Experience Webpage](#)



ATTENDANCE UPDATE

Dear Parent/Carer,

As the first half of the autumn term draws to a close, I thought it would be beneficial to provide you with an update and information relating to student attendance.

At Penrice Academy, we recognise the importance of regular and punctual school attendance. We routinely monitor attendance to ensure that all students understand the importance of being in school every day and that they feel supported to develop excellent habits to achieve this. We also celebrate attendance through weekly merits, attendance raffles and during celebration assemblies to name just a few. Good attendance at school is not just important for academic progress. It is also important for social interaction with friends and peers as well as mental and physical wellbeing. Being in school also offers the opportunity to participate in clubs and try new activities.

We do understand that at times, students are unwell and absence is unavoidable. In this case, as notified in our previous bulletin, we ask that parents/carers contact the school with a reason for absence for each and every day that their child is not in school. In addition, we know that from time to time, some students can struggle to attend school. At Penrice Academy, we pride ourselves on our pastoral care and we will do all we can to remove any barriers that students

may have which stops them attending daily, whilst ensuring they feel fully supported. If you feel we could do anything more to support your child, please contact the Academy.

New Attendance Home Visits

To further encourage and support positive attendance, the past fortnight has seen us commence our attendance home visits. The visits have been made to households where a student is absent and we have received no contact from parents/carers to confirm the reason or where a student is struggling with their attendance and may require additional support to attend school.

The visits are being conducted by members of our safeguarding team and/or pastoral support team with the aim being to encourage students to return to school that day and not to miss an entire day of learning or to support them to return at the earliest opportunity. When calling at the home, if we are unsuccessful in seeing somebody, a card will be left with details of how to contact us. We would urge you to call on the number provided on the card so that arrangements can be made should any support be required to enable and empower our students to improve their school attendance.

Visits will continue after the half term and for the foreseeable future, using the school minibuses. Should you have any questions or concerns regarding this, in the first instance please contact our Admissions and Attendance

Officer, Mrs Emily Bennett via email at:
ebennett@penrice.org.uk .

Seasonal Reminder

As we move into the second half of the autumn term, we are likely to see rises in the usual coughs, colds, sore throats and minor ailments. You do not need to keep your child at home if they experience these symptoms or ailments. If students are unwell in the morning but start to feel better they can return to school the same day.

In addition, we would ask that you try to make any medical appointments outside of the school day, where possible. If appointments must be during school hours, we would strongly encourage your child to attend school either side of the appointment.

Being in school and having the best attendance possible underpins all the many benefits of school for your child, in addition to their learning, being in school every day benefits their wellbeing and wider development.

Thank you for your continued support.

What Parents & Carers Need to Know about THE DANGERS OF VAPING

Data collected for ASH (Action on Smoking and Health) shows an increase in 11 to 17-year-olds experimenting with vaping: from 7.7% in 2022 to 11.6% in 2023. It's concerning that these age-restricted products are getting into the hands of under 18s as most contain nicotine, which can be detrimental to brain development and cause long-term addiction. Some schools have reported students having their focus in lessons affected by nicotine cravings; vaping in school toilets; and even trying vapes found in their local park. Raising awareness of the risks among young people could help to prevent these problems from escalating and reduce the number of young vapers.

WHAT ARE THE RISKS?

NICOTINE ADDICTION

Since they were initially developed to help people stop smoking, the vast majority of vape liquids contain nicotine. Not only is this a highly addictive stimulant, but it can also have detrimental effects on brain development in the under-25s. Nicotine can decrease the ability to pay attention, weaken impulse control, affect mood and increase the likelihood of substance addiction as an adult.

WHAT IS VAPING?

Vapes contain a liquid (vape juice/e-liquid) that is heated by a battery and evaporates, creating a chemical vapour which the user inhales. They can be **disposable** (once the liquid or battery runs out, the vape is thrown away) or **rechargeable** (the user replaces the liquid and recharges the battery on demand). Most vape liquids contain nicotine and other chemicals.

LACK OF AWARENESS

A proportion of young people tend to view vapes as harmless, mainly because of the products' appearance and the perception (often strengthened on social media) that "vaping is cool" and on trend. In many instances, young people don't fully appreciate the concept of addiction: that is, they aren't adequately aware of the risk of becoming hooked on nicotine before trying a vape.

POTENTIAL TOXICITY

Many vape liquids have been found to contain 'heavy' metals such as lead, tin, nickel and (in some cases) mercury – all of which are toxic. These metals often take the form of tiny shards inside a device's liquid tank, which are then inhaled into the body. Some media reports have suggested these metals are particularly prevalent in illegally imported vapes which don't comply with UK regulations.

UNCLEAR LONG-TERM CONSEQUENCES

The liquids in vapes also contain solvents, which can create carcinogens at the point of evaporation. Vapes were only introduced into the UK in 2005 – and, because of the relatively short timeframe involved, there is insufficient medical evidence to assess the long-term harms that regular inhalation of these chemical fluids might have on the human body.

ATTRACTIVE PACKAGING

The packaging of many disposable vapes is very appealing to young people, frequently echoing the colours and flavours of the sweets or fizzy drinks they're used to buying. There's a relative lack of regulation around vape marketing, and vaping is often depicted positively on social media – which can lead young people to develop favourable views of vaping and overlook the possible harms.

ENVIRONMENTAL EFFECTS

In the UK alone, around 1.3 million disposable vapes go to landfill every week. Due to such significant numbers of these products not being recycled, their components – a lithium battery and a chemical liquid – pose a toxic risk to the environment, the ecosystem and wildlife. Vapes are also predominantly made of plastic and metal; materials that, of course, do not naturally decompose.

WIDER HEALTH CONCERNS

Studies are already showing a link between vaping and oral health problems such as tooth decay and gum disease. This is because vaping reduces the amount of saliva in the mouth, while increasing bacteria – resulting in bad breath and a build-up of plaque. There are also concerns that, in some users, vaping could lead to the development of asthma, a persistent cough and breathing difficulties.

UNREGULATED VAPING PRODUCTS

The number of retailers willing to sell vapes to under-18s is a worry, as the chance of these products being unregulated (and therefore containing illegal chemicals and higher levels of nicotine) is high. A related concern is that the mechanisms inside unregulated products are unlikely to have been tested and safety checked – presenting a possible fire risk if the liquid and battery come into contact.

SCARCE INFORMATION

The lack of information about the ingredients and potentially harmful chemicals in a vape is troubling. Some vape fluids (unregulated in the UK) contain traces of nuts, which can cause an allergic reaction or anaphylactic shock. To date, medical warnings aren't required on vape packaging – with only medical disclaimers being found on the websites of the various brands.

VAGUE INGREDIENTS LISTS

Early research has suggested that the chemicals used to produce some strawberry and banana flavour e-liquids can kill cells in the blood vessels and heart. These ingredients aren't identified on the packaging, instead falling under the umbrella term 'natural and artificial flavourings'. Such vague listings mean that consumers aren't aware of the liquid's content so can't identify potential risks.

Meet Our Expert

Run by the Cambridgeshire and Peterborough Healthy Schools Service (Commissioned by Cambridgeshire County Council and Peterborough City Council), Catch Your Breath is a school-based project aimed at young people. Its goal is to embed a proactive, coordinated approach among both primary and secondary schools in discouraging smoking and vaping behaviours.



HEALTHY SCHOOLS
CAMBRIDGESHIRE & PETERBOROUGH

The National College®

Source: <https://www.bbc.co.uk/news/health-65809324>



www.thenationalcollege.co.uk



@thenatcollege



/thenationalcollege

Users of this guide do so at their own discretion. No liability is entered into. Current as of the date of release: 27.09.2023