



Lewannick Primary School

Hawks Tor Drive
Lewannick
Launceston
Cornwall
PL15 7QY

NEWSLETTER 10th October 2025

Tel: 01566 782262
Email: Lewannick@andaras.org
Web Address:
www.lewannick.cornwall.sch.uk
Head of School: Sally Cook

Dear Parents/Carers,

It's hard to believe we are already approaching the end of the first half term of this new academic year!

A huge thank you to all the children who wore yellow on Friday to support Mental Health Day—it was wonderful to see so much enthusiasm and awareness across the school.

Unfortunately, attendance has been below the national average this week, largely due to the cold and flu bugs that have been circulating. We hope everyone feels better soon and that attendance will return to being above national levels in the coming weeks.

Otter Class enjoyed their second week at the Skills Centre, where they showed fantastic resilience, determination, and teamwork. The children worked together to collect and filter water, then used their skills to light fires and boil the water for hot chocolate—a well-deserved treat! They also had great fun using palm drills to make holes in wooden discs and create their own spinners. It was a busy day full of hands-on learning experiences, and we're delighted that all children across the school will have the opportunity to take part in this exciting programme throughout the academic year.

Parent Consultations will take place during the final week of term. Please keep an eye out for emails letting you know when the booking window opens on Arbor. These meetings provide a valuable opportunity to discuss your child's progress and wellbeing with their class teacher.

We look forward to seeing you at the Harvest Festival on Wednesday at 9.30 in the church. We will be collecting donations for the Launceston Food Bank and these can be left in the box in the school foyer.

Best Wishes
Mrs Sally Cook
Head of School

If you require this newsletter in an alternative format, for example large print or dyslexia friendly, please email secretary@lewannick.net. This also applies if you require it in a different language.

DATES FOR YOUR DIARY

Oct 25

Wed 15th—Harvest Festival in Lewannick Church—9.30

Thurs 16th—Year 3/4 Sustainability Centre w/b 20th—Parent consultations - more details to follow

Thurs 23rd—Halloween Disco 3.15—5pm

Friday 24th—Inset Day

Monday 27th—Friday 31st—HALF TERM

Nov 25

Friday 14th—Individual School Photos—Tempest

Dec 25

Monday 8th—Hall for Cornwall Panto!—More details to follow

Monday 15th—Hedgehogs Xmas Performance PM

Tuesday 16th—Hedgehogs Xmas Performance AM

Tuesday 16th—KS2 Xmas Performance PM

Wednesday 17th—KS2 Xmas Performance AM

Thursday 18th—Pop Up Play Village—EYFS

Friday 19th—Last day of Term

Monday 22nd-Friday 2nd January 26 —Xmas Holiday

Jan 26

Monday 5th—Inset Day

Tuesday 6th—All back in school

Stars of the Week



Readers of the Week



School Menu

WB 13th October -Week 2



Year Group	% Attendance	Year Group	% Attendance
R	85.19%	4	97.22%
1	91.36%	5	91.67%
2	88.89%	6	94.81%
3	96.3%	Whole School	93.76%

Ambition

Creativity

Relationships

10 Top Tips for Parents and Educators

DEALING WITH TRAUMATIC & CHALLENGING EVENTS

Children and young people may face a wide range of traumatic or challenging events – from bereavement and illness to bullying, family breakdowns, or witnessing violence. These experiences can affect their mental health, behaviour, relationships, and academic progress. With the right support from trusted adults, children can begin to feel safe, rebuild resilience, and develop healthy coping strategies. This guide offers practical and empathetic ways to provide support and promote positive outcomes.

1 A PREDICTABLE ENVIRONMENT

Children who have experienced trauma often feel unsafe or uncertain. Creating routines, setting clear expectations, and maintaining consistency can help restore a sense of security. This structure offers reassurance and helps children feel more in control of their surroundings.

2 USE LANGUAGE THAT MATCHES THEIR AGE

Speak clearly and sensitively, choosing words that are appropriate for the child's age. Avoid overwhelming them with too much information at once. Offer gentle, honest explanations and focus on reassurance, especially when talking about difficult or sensitive subjects.

3 TRAUMA AND THE BODY

Mention briefly that trauma can show up in physical ways, such as changes in sleep, appetite, concentration, or as physical aches and pains. Consider this before labelling behaviour as 'difficult' or 'lazy'. Some children may become withdrawn, while others may be more outwardly challenging. Highlight that there's no 'one way' children respond.

4 AVOID RETELLING OR RELIVING TRAUMA

Children sometimes get asked to explain or repeat their experience multiple times. Striking a balance of when to listen and when to gently redirect can help to avoid unnecessary re-traumatisation. Acknowledge, but don't probe for detail unless safeguarding procedures require it.

5 AVOID DISMISSING OR MINIMISING FEELINGS

Seemingly well-meaning comments like 'It's not that bad' or 'You're okay' may shut down children's emotional expression and are often not helpful. Instead, acknowledge what they're feeling, even if it seems small. Validating a child's emotions helps them feel seen and encourages open communication in future.

6 UNDERSTAND HOW THEY'RE FEELING

Many children don't have the words to express their emotions, especially during distress. Supporting them to name what they're feeling – such as angry, scared or sad – builds emotional literacy. Tools like emotion charts, drawing, or storytelling can help externalise feelings in a safe, manageable way.

7 BE AWARE OF YOUR OWN RESPONSES

Children pick up on adult emotions and reactions, often mirroring them. Staying calm, even in challenging situations, helps children feel more secure. Practising your own self-regulation is an important way to model healthy stress management and encourages children to do the same.

8 SEEK PROFESSIONAL SUPPORT

While many children benefit from everyday emotional support, some will need more specialised help. If symptoms persist, worsen, or disrupt their daily life, consult with school safeguarding leads, a GP, or a mental health professional. Early intervention can prevent long-term difficulties and support healthy recovery.

9 MAINTAIN CONNECTION

Isolation can worsen the impact of trauma. Encourage involvement in group activities, praise their efforts, and ensure they feel like a valued part of the school or family community. Meaningful connection with trusted adults and peers builds resilience and a sense of belonging.

10 BE PATIENT – HEALING TAKES TIME

There's no quick fix for emotional recovery. Children may have good days and setbacks, and progress may not always be visible or linear. Your ongoing support, patience, and presence can help them move forward at their own pace, knowing they are not alone.

Meet Our Expert

This guide has been written by Anna Bateman. Anna is passionate about placing prevention at the heart of every school by integrating mental wellbeing within the curriculum, school culture, and systems. She has been a member of the advisory group for the Department for Education, advising them on their mental health green paper.



#WakeUpWednesday

The National College

WEEK 1

W/C: 21/04/2025, 12/05/2025, 02/06/2025, 23/06/2025, 14/07/2025, 15/09/2025, 06/10/2025

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
OPTION 1	Cheese and Tomato Pizza Served with Garlic and Herb Bread 🌱	BBQ Chicken Served with Rainbow Rice 🌱	Roast Chicken Served with Roast Potatoes and Gravy	Classic Beef Burger Served with Potato Wedges	Battered Pollock Served with Chips
OPTION 2	Cheesy Bean Tortilla Toastie Served with Potato Wedges 🌱	Macaroni Cheese 🌱	Roast Quorn Served with Roast Potatoes and Gravy	Quorn Burger Served with Potato Wedges 🌱	Veggie Fingers Served with Chips
OPTION 3	Tomato Pasta Fresh, Homemade Tomato Sauce with Pasta 🌱	Tomato Pasta Fresh, Homemade Tomato Sauce with Pasta 🌱	Tomato Pasta Fresh, Homemade Tomato Sauce with Pasta 🌱	Tomato Pasta Fresh, Homemade Tomato Sauce with Pasta 🌱	Tomato Pasta Fresh, Homemade Tomato Sauce with Pasta 🌱
DESSERT	Shortcake 🌱	Chocolate Brownie 🌱	Banoffee Pie	Ginger Biscuit Served with Fruit 🌱	Strawberry Ice Cream

HOT DISHES ARE SERVED WITH TWO VEGETABLES AND FRESHLY BAKED BREAD

BAKED POTATOES SERVED DAILY
With a choice of toppings 🌱

AVAILABLE DAILY
Fresh fruit, salad, yoghurt and water

Vegetarian 🌱 Vegan 🌱 Oily Fish 🐟 Wholegrain 🍞 Fruity! 🍌 Nutritionist's Choice 🍌

Our menu is subject to change. Please be assured that all notified medical diets and allergy requirements will be safely catered for

WEEK 2

W/C: 28/04/2025, 19/05/2025, 09/06/2025, 30/06/2025, 21/07/2025, 01/09/2025, 22/09/2025, 13/10/2025

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
OPTION 1	Macaroni Cheese 🌱	BBQ Chicken Pizza Served with Potato Wedges	Roast Gammon Served with Mash and Potato and Gravy	Beef Bolognese Served with Wholewheat Pasta 🌱	Fish Fingers Served with Chips
OPTION 2	Veggie Meatballs In Tomato Sauce Served with Wholewheat Pasta 🌱	Meatless Feast Cheesy Pizza Served with Potato Wedges 🌱	Sweet Potato, Chickpea and Herb Roast Served with Gravy 🌱	Tex Mex Vegetable Fajita Wrap 🌱	Veggie Fingers Served with Chips
OPTION 3	Tomato Pasta Fresh, Homemade Tomato Sauce with Pasta 🌱	Tomato Pasta Fresh, Homemade Tomato Sauce with Pasta 🌱	Tomato Pasta Fresh, Homemade Tomato Sauce with Pasta 🌱	Tomato Pasta Fresh, Homemade Tomato Sauce with Pasta 🌱	Tomato Pasta Fresh, Homemade Tomato Sauce with Pasta 🌱
DESSERT	Caramel Mousse	Chocolate Brownie 🌱	Flapjack Served with Fruit or Apple Wedges 🌱	Lemon Emerald Cake	Chocolate Ice Cream

HOT DISHES ARE SERVED WITH TWO VEGETABLES AND FRESHLY BAKED BREAD

BAKED POTATOES SERVED DAILY
With a choice of toppings 🌱

AVAILABLE DAILY
Fresh fruit, salad, yoghurt and water

Vegetarian 🌱 Vegan 🌱 Oily Fish 🐟 Wholegrain 🍞 Fruity! 🍌 Nutritionist's Choice 🍌

Our menu is subject to change. Please be assured that all notified medical diets and allergy requirements will be safely catered for

WEEK 3

W/C: 05/05/2025, 16/06/2025, 07/07/2025, 08/09/2025, 29/09/2025, 20/10/2025

HOT DISHES		MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
OPTION 1	OPTION 2	OPTION 3	Cheese and Tomato Pizza Served with Garlic and Herb Bread 🍞	Sausage Hot Dog Served with Potato Wedges	Roast Chicken Served with Roast Potatoes and Gravy	Oat Crusted Chicken Served with Wholegrain Rice 🍚	Battered Pollock Served with Chips				
			OR	OR	OR	OR	OR				
			Veggie Supreme Pizza Served with Garlic and Herb Bread 🍞	Veggie Sausage Hot Dog Served with Potato Wedges 🍷	Roast Quorn Served with Roast Potatoes and Gravy 🍷	Meatless Shepherd's Pie Served with Gravy 🍷	Quorn Dippers Served with Chips 🍷				
			OR	OR	OR	OR	OR				
			Tomato Pasta Fresh, Homemade Tomato Sauce with Pasta 🍷	Tomato Pasta Fresh, Homemade Tomato Sauce with Pasta 🍷	Tomato Pasta Fresh, Homemade Tomato Sauce with Pasta 🍷	Tomato Pasta Fresh, Homemade Tomato Sauce with Pasta 🍷	Tomato Pasta Fresh, Homemade Tomato Sauce with Pasta 🍷				
HOT DISHES ARE SERVED WITH TWO VEGETABLES AND FRESHLY BAKED BREAD											
DESSERT	Flapjack 🍷	Chocolate Brownie 🍷	Lemon Cookie Served with Fruit 🍷	Crunchy Chocolate Mousse	Cornflake Tart						

BAKED POTATOES SERVED DAILY
With a choice of toppings

AVAILABLE DAILY
Fresh fruit, salad, yoghurt and water

Vegetarian
 Vegan
 Oily fish
 Wholegrain
 Fruity!
 Nutritionist's Choice

Our menu is subject to change. Please be assured that all notified medical diets and allergy requirements will be safely catered for.

Menu_71_003760

THREE WEEK MENU

SPRING/SUMMER 2025



Our new menu chosen by parents and children – Your favourites available every day



Chartwells
Schools

Our menu is subject to change. Please be assured that all notified medical diets and allergy requirements will be safely catered for.



Guitar Lessons

Learning the guitar is very beneficial for your hand-eye-ear coordination, and is a very good way to develop your listening skills, both musically and within a social context. The guitar provides a great platform to master rhythm, melody and harmony – three backbone elements of a solid music education.

Playing the guitar breeds attention to detail and teaches a specific skill set for performing small, delicate movements of both hands. Because of this, guitarists have excellent dexterity and are able to apply this outside of music in learning other tasks.

Finally but not least importantly, learning to play an instrument teaches patience, discipline, and we have had numerous feedback from other parents to detail how much confident their child is since picking up the guitar.



Drum Lessons

Drum lessons play a pivotal role in nurturing musicianship and personal development. Beyond just learning to play beats and rhythms, these lessons offer a wealth of benefits. They cultivate discipline and focus, as mastering intricate patterns demands consistent practice and concentration. Drumming also enhances coordination and motor skills, fostering a strong mind-body connection.

Drumming serves as a powerful emotional outlet, allowing individuals to express themselves creatively and release stress. Overall, drum lessons not only shape skilled percussionists but also contribute to holistic growth by fostering discipline, coordination, musicality, teamwork, and emotional well-being.

To apply for lessons please go to
www.cornwallmusictuition.com/apply

Or scan the QR code below



Help Us Raise Money by Recycling Printer Cartridges!

We are collecting empty printer cartridges to raise money for school through Recycle 4 Charity. Instead of throwing away your used cartridges, bring them to us and help support our fundraising efforts for our school! Each recycled cartridge contributes to our cause, helping both the environment and our goal.

Simply drop off your empty cartridges at The School Office. Every donation makes a difference—let's recycle and raise funds together! ♻️

**Recycle Your
Ink Cartridges**
and help us raise money!

Recycle  Charity





Naomi Russell

A dedicated and experienced Music Teacher committed to providing excellent music tuition.

Fully qualified DBS and up to date safeguarding and GDPR.

Piano / Keyboard Lessons

Individual Lessons: £10 per 20 minute lesson

Individual Lessons: £6 per 10 minute lesson

Small Group Lessons: £5 per pupil per lesson*

*Small Group Lessons - please contact me on the details below for more information.

For further information and to register your interest, please contact me on the details below.

noteswithnay@gmail.com / 07796272287

Lewannick, Launceston PL15 7GE



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ARGYLE COMMUNITY TRUST SATURDAY MORNING CENTRES



EVERY SATURDAY (EXCL BANK HOLIDAYS)

9:00-10:00



**LAUNCESTON 3G
DOBWALLS FOOTBALL CLUB
MOUNT KELLY PREP**



**ARGYLE
COMMUNITY
TRUST**

MORE INFORMATION

RYAN.MATTHEWS@PAFC.CO.UK



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KELLIWIK FC

SIGN UP NOW - SIGN UP NOW -

SIGN UP NOW - SIGN UP NOW



KELLIWIK U11 TEAM ARE RECRUITING

We are looking for children in current
school year 6 to join our team!

Please message us via our Facebook
page or contact Erica on
07884556562 for more details.





**Cornwall
Wildlife Trust**



Cornwall Partnership
NHS Foundation Trust

The Mental Health Support Team warmly
invite you to attend...

Wild Wellbeing

During October half term MHST, in collaboration with Natural England, Cornwall Wildlife Trust and National Trust, would like you to join us on a FREE Halloween Wild Wellbeing session at various locations across Cornwall.

This is for parents and children aged 5-12 in Cornwall to help understand and support emotional and mental wellbeing.

Please book EACH child on to a session

Sessions available at:

Golitha Falls - Tuesday 28 October

Lanhydrock - Wednesday 29 October

Dipping Pond, Goss Moor - Thursday 30 October

Tehidy Woods - Friday 31 October

*Free parking at all sites

Activities will last approx. 2 hours

Please feel free to drop in from 10am, activities end at 1pm

To request a place, complete the online
form or scan the QR code provided:

<https://forms.office.com/e/fwtSJ59Cuv>



Follow us on Facebook for updates
and upcoming events:

Cornwall Mental Health Support
Team (MHST)

MONTHLY DROP-INS

Refreshments provided

Edward Hain Centre, St Ives
Third Tuesday of every month 2pm to 4pm

St Austell Library
Third Friday of every month 10am to 12pm

Launceston Health Hub
Second Wednesday of every month 10am to 12pm

Open to families looking for support or anyone wishing to find out more about our services.
For families with children when a parent/carer has a terminal illness

gunnerskids.org



gunners kids

HALLOWEEN FUN AND AGM

SUN 26TH OCT 11AM TO 2PM

AT ST BLAZEY FAMILY HUB



Magician, music & crafts

BOOKING IS ESSENTIAL

Activity Day

with Memory Making Workshop at Wheal Martyn

Sun, 2 November 11am - 3pm

For families with children when a parent/carer has a terminal illness

Come and join us! Our Activity Day includes access to the museum and grounds as well as a Memory Making Workshop, where you can create a memory book to take home.



gunnerskids.org

gunners kids

Extra Support this Christmas

We know how tough things can be when a parent or carer is facing a terminal illness — especially around the holidays.

That's why we've extended our Crisis Fund to offer shopping vouchers for a range of retailers, helping families with children prepare for Christmas.

Whether it's gifts, food, or essentials - don't go without this year. We're here to help.



gunnerskids.org

gunners kids

APPLY USING THE QR CODE

#ChristmasSupport #FamilySupport #CrisisFund #YouAreNotAlone

Christmas PARTY

December 14th | 11am to 2pm

St Erme Community Centre

Enchanting magic show
Hands-on Christmas crafts
Music to get everyone in the spirit

Plus, Santa himself will make a special appearance bringing a gift for every child!



gunnerskids.org

gunners kids

SCAN QR CODE FOR FULL DETAILS

For families with children when a parent/carer has a terminal illness. FREE

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Allantide

A Cornish Autumn Celebration

Wednesday 29th October

10.00am - 3.30pm

Apple Decorations **£1.00**

Site Entry **FREE**

Craft activities **FREE**

Badge Making **£1.00**

Activity Trail **FREE**

Pop up caf serving drinks,
snacks and cakes.

Join us for a fun-filled family day out celebrating
Autumn. Explore our beautiful site and learn about
October festivals around the World



Well behaved dogs on leads welcome



U18's must be accompanied by an adult

Kehelland Trust,
Kehelland
Camborne,
TR14 0DD
01209 613153

Scan to find us
on Google maps



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Kehelland
Camborne.
TR14 0DD
01209 613153



All Things Batty!

Wednesday
29th October
5.00pm- 7.30pm

Join us for an evening learning about our
night flying residents.

Games

Walk around
site

Talk by a
local expert

Bat box building £5 per box

Tickets available from our website

www.kehellandtrust.org.uk

£5 per person including a filled jacket potato

Scan to find us
on Google maps



Well behaved dogs on leads welcome



U18's must be accompanied by an adult