



Lewannick Primary School

Hawks Tor Drive
Lewannick
Launceston
Cornwall
PL15 7QY

NEWSLETTER 7th November 2025

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Head of School: Sally Cook

Dear Parents/Carers,

Welcome back after the half-term break. I hope you all had a great week and enjoyed any Halloween events you took part in. The children certainly had a fantastic time at the Halloween disco on the last afternoon of term, and it was a lovely way to finish the week together.

This week, members of Kestrel Class wrote and presented their speeches for the roles of School Captain and Vice Captain. All pupils articulated their points confidently and had clearly prepared what they wanted to say. I'm pleased to announce that, following the pupil vote, Barnaby, Olivia and Isaac have been elected as School Captains, with Isla, Freddie and Willow chosen as Vice Captains. I'm very much looking forward to working with them to help bring about the changes that pupils would like to see.

A plea....

Please can we remind parents not to drive into or use the school car park at the start or end of the school day. This is a significant safeguarding concern, and keeping this area clear helps ensure the safety of all pupils. Thank you for your cooperation.

A reminder....

all children in Hedgehogs, Otters and Kestrels will be visiting The Hall for Cornwall in Truro to watch the Aladdin pantomime. This is a fantastic opportunity for pupils to experience a professional theatre production. The PTA are kindly funding the transport and a proportion of the ticket cost, but please use Arbor to pay for your child's ticket.

Attendance this week has been above national, with one year group at 100% and others closely behind. This is fantastic—let's keep it going for the rest of the half term!

Best Wishes

Mrs Sally Cook

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

Nov 25

Tuesday 11th—Remembrance Assembly
Thursday 13th—Year 3/4 Tag Rugby St Stephens
Friday 14th—Individual School Photos—Tempest
Friday 21st—Flu Immunisation Yr R-Yr 6
Monday 24th—Read with your child 9-9.30am

Dec 25

Friday 5th—Sharing Time 2.30pm
Monday 8th—Hall for Cornwall Panto!
Tuesday 9th—Pre-school Nativity 10am
Thursday 11th—Pre-school Nativity 10am
Friday 12th—Christmas Fayre—1.30– 3.30. ALL WELCOME
Monday 15th—Hedgehogs Xmas Performance PM
Tuesday 16th—Hedgehogs Xmas Performance AM
Tuesday 16th—KS2 Xmas Performance PM
Wednesday 17th—KS2 Xmas Performance AM
Wednesday 17th—School Xmas Dinner
Thursday 18th—Christmas Shopping Day—details to follow
Thursday 18th—Pop Up Play Village—EYFS
Thursday 18th—Christmas Film Night—details to follow
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

Abbie, Henry, Rowan



Alfie B, Isla F

Readers of the Week

Elowen M



Evie P, Arla

School Menu



WB 10th November -Week 2



Year Group	% Attendance	Year Group	% Attendance
R	94.445%	4	100%
1	97.53%	5	88.89%
2	99.07%	6	97.04%
3	83.33%	Whole School	96.23%

Ambition

Creativity

Relationships



Online Safety Newsletter

Nov 2025

CapCut

CapCut is a video editing app. Their services are intended for those over the age of 13 (those under the age of 18 must have consent from their parent/legal guardian). It is rated as 13+ on the App store.

What can I do on CapCut?

CapCut is used as a video and image editing tool allowing users to edit their videos/ images as well as add music, sound effects, text and stickers.

What should I be aware of?

- The templates are user generated, therefore they may not always be appropriate for your child to view, for example may contain adult themes.
- CapCut includes access to a library of music that can be used within videos that may include explicit lyrics.
- Premium content – CapCut does include in-app purchases/monthly subscriptions to allow users access to premium content.

Further information

Internet Matters have created this useful guide:

<https://www.internetmatters.org/advice/apps-and-platforms/skills-building/capcut/>

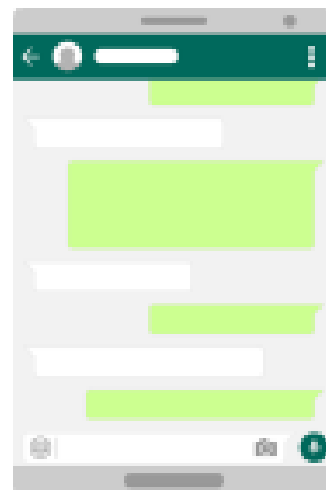
Would you like to read this newsletter in a different language? You can use the translate tool on our web version: <https://www.knowsleycs.org.uk/november-2025-primary>

WhatsApp Update

School WhatsApp groups

Are you part of a parent WhatsApp group at your child's school? These groups can be useful for sharing information and reminders, but it is important to use them thoughtfully. Here are some tips on how we can ensure they remain positive and respectful:

1. Be considerate – we know messages can sometimes be misinterpreted so carefully think about what you share. These groups should not be used to share criticisms of the school, staff or other parents and children. Any concerns should always be discussed with the school directly.
2. Don't spread rumours – avoid sharing any gossip within the group.
3. Protect privacy – do not share photos or videos of other children.
4. Think before you send – be mindful of the time and if the message is necessary for everyone.



Our children watch how we communicate, so let's model healthy, online communication to them.

WhatsApp Channels

Users should be at least 13 years old to use WhatsApp. If your child is using WhatsApp, then you should be aware of WhatsApp Channels. Channels are a one-way broadcast tool used by companies and individuals to send updates to followers. WhatsApp Channels can be found on the Updates tab. From here you can view a whole host of channels, including channels that will not be age appropriate and may include adult content.



You cannot switch off access to channels and there is no age rating associated with the channels so you would have to access them to know what the content truly is. Kicksafe highlight what you should be aware of: <https://www.kicksafe.eu/en/news/was-sind-whatsapp-kanale-und-was-muessen-eltern-beachten>

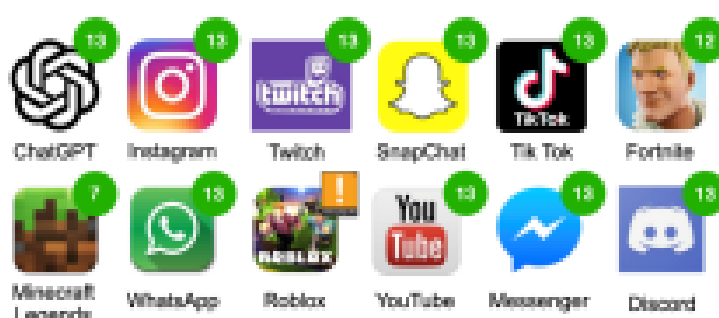
Find out more about WhatsApp channels in general here: <https://faq.whatsapp.com/549900560625125>

Age Ratings

Age ratings exist to help protect your child by showing whether content is suitable for your child's age. Whether your child is viewing films, accessing apps, playing games online or using social media—make sure you check the age rating first to see if your child is old enough.

Popular apps and their age ratings

Here are the age ratings of some of the more popular apps that young people are currently accessing.



For users under 18, a parent or legal guardian's permission may be required to use the service

In addition to checking the age rating, the likes of PEGI (Pan European Game Information) provide further content descriptors, which will give you an indication of the type of content that your child might encounter e.g. violence or bad language within a game.

What else should I review?

It is important to note that whilst age ratings do allow you to see if something may be appropriate for your child, it is **also vital to review the content yourself**. This will allow you to make an informed decision as to whether it is suitable for your child to access and if it is necessary to apply further parental controls. For example, does it include the ability to communicate with others and are in game/app purchases available?

What else can I do?

- Explain the importance of age ratings to your child and how they protect them.
- Go online together to see what your child is accessing.
- Set up parental controls on your broadband, devices and on any individual apps that your child is using. This will reduce the chances of them accessing or viewing anything unsuitable.
- Chat to your child regularly about what they are doing online and remind your child that if anything is worrying them then they should talk to you or another trusted adult.

Further information

You can find out more here:

<https://parentzone.org.uk/article/age-ratings>

Users of this guide do so at their own discretion. No liability is entered into. Current as of the date released 01.11.25. The inclusion of any links does not imply any affiliation with or endorsement of the linked websites, documents, or videos, nor are we claiming any ownership or copyright in the content of the linked materials.

Help to keep children safe online with Techosaurus

The NSPCC have created Techosaurus, a friendly dinosaur to assist you in having chats with your child about online safety. It is aimed at younger children and includes a book and activity pack (both chargeable). You can find out more here:

<https://www.nspcc.org.uk/advice-for-families/techosaurus/>

Online Roasting

Have you heard of this term? It has been around a while now, but Online Roasting refers to a form of cyberbullying. Roasting typically involves making fun and insulting somebody, sometimes with their consent and other times not.

What can I do?

- Talk to your child about what online roasting is, ask them if they have ever experienced it and what they think about it.
- If this has negatively impacted your child then save any evidence and involve the school (if appropriate). Childline also offer further advice and support in relation to cyberbullying.

Further information

Find out more here:

<https://www.bark.us/blog/online-roasting-signs-cyberbullying/>

What to do when...from CEOP

CEOP Education have published this poster directing you to the relevant information around six different situations, such as what to do to protect your child from online blackmail. You can access it here:

<https://www.ceopeducation.co.uk/globalassets/professional/resources/what-to-do-round-up.pdf>

WEEK 1

W/C: 03/11/2025, 24/11/2025, 05/01/2026, 26/01/2026, 09/03/2026, 30/03/2026

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
OPTION 1	Cheese and Tomato Pizza with Garlic Bread or Pasta Salad	Beef Bolognese with Wholewheat Pasta	Roast Chicken with Roast Potatoes and Gravy	Chinese Sticky Lemon Chicken with Wholegrain Rice	Fish Fingers with Chips
OPTION 2	BBQ Vegetable Wrap with Potato Wedges	Vegetarian Bolognese with Wholewheat Pasta	Roast Quorn with Roast Potatoes and Gravy	Cheesy Vegetable Hotpot	Quorn Dippers with Chips
OPTION 3	Tomato Pasta Fresh, homemade Tomato Sauce with Penne Pasta	Tomato Pasta Fresh, homemade Tomato Sauce with Penne Pasta	Tomato Pasta Fresh, homemade Tomato Sauce with Penne Pasta	Tomato Pasta Fresh, homemade Tomato Sauce with Penne Pasta	Tomato Pasta Fresh, homemade Tomato Sauce with Penne Pasta
DESSERT	Crunchy Apple Slice	Strawberry Shortcake Mousse	Oat Cookie	Apple Crumble with Custard	Berry Blondie

HOT DISHES

HOT DISHES ARE SERVED WITH TWO VEGETABLES AND FRESHLY BAKED BREAD



BAKED POTATOES SERVED DAILY
With a choice of toppings

Vegetarian Vegan Oily Fish Wholegrain Fruity! Nutritionalist's Choice

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



AVAILABLE DAILY
Fresh fruit, salad, yogurt and water

Nutritionalist's Choice

Fruity! Wholegrain Oily Fish

WEEK 2

W/C: 10/11/2025, 01/12/2025, 12/01/2026, 02/02/2026, 23/02/2026, 16/03/2026

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
OPTION 1	Macaroni Cheese	Pork Sausages with Mashed Potatoes and Gravy	Roast Chicken with Roast Potatoes and Gravy	BBQ Chicken with Rainbow Rice	Battered Pollock with Chips
OPTION 2	Veggie Burrito with Wholegrain Rice	Vegetarian Sausage with Mashed Potatoes and Gravy	Sweet Potato, Chickpea and Herb Roast with Roast Potatoes and Gravy	Cheese and Tomato Pizza with Garlic Bread or Pasta Salad	Beany Vegetable Burger with Chips
OPTION 3	Tomato Pasta Fresh, homemade Tomato Sauce with Penne Pasta	Tomato Pasta Fresh, homemade Tomato Sauce with Penne Pasta	Tomato Pasta Fresh, homemade Tomato Sauce with Penne Pasta	Tomato Pasta Fresh, homemade Tomato Sauce with Penne Pasta	Tomato Pasta Fresh, homemade Tomato Sauce with Penne Pasta
DESSERT	Chocolate Caramel Crunch	Flagjack	Chocolate Brownie	Apple and Golden Syrup Sponge with Custard	Chocolate Cookie

HOT DISHES

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With a choice of toppings

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AVAILABLE DAILY
Fresh fruit, salad, yogurt and water

Nutritionalist's Choice

Fruity! Wholegrain Oily Fish



WEEK 3

W/C: 17/11/2025, 08/12/2025, 19/01/2026, 09/02/2026, 02/03/2026, 23/03/2026

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
HOT DISHES	OPTION 1 Cheese and Tomato Pizza with Garlic Bread or Pasta Salad	Beef Meatballs in Tomato Sauce with Wholewheat Pasta	Roast Gammon with Mashed Potatoes and Gravy	Chicken and Broccoli Pasta Bake with Garlic Bread	Battered Pollock with Chips
	OPTION 2 Veggie Meat Feast Pizza with Potato Wedges	Veggie Chilli Con Carne With Crispy Tortilla with Wholegrain Rice	Vegetable Pastry Slice with Mashed Potatoes and Gravy	Macaroni Cheese	Onion Bhaji Burger Served with Chips
	OPTION 3 Tomato Pasta Fresh, homemade Tomato Sauce with Penne Pasta	Tomato Pasta Fresh, homemade Tomato Sauce with Penne Pasta	Tomato Pasta Fresh, homemade Tomato Sauce with Penne Pasta	Tomato Pasta Fresh, homemade Tomato Sauce with Penne Pasta	Tomato Pasta Fresh, homemade Tomato Sauce with Penne Pasta
HOT DISHES ARE SERVED WITH TWO VEGETABLES AND FRESHLY BAKED BREAD					
DESSERT	Chocolate Marble Cake	Orange Glazed Sticky Sponge Cake with Custard	Lemon Cookie	Crunchy Chocolate Mousse	Fruits of the Forest Jelly



BAKED POTATOES SERVED DAILY
With a choice of toppings

Vegetarian

Vegan

Oily Fish

Wholegrain

Fruity!

Nutritionist's Choice



AVAILABLE DAILY
Fresh fruit, salad, yoghurt and water



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



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

#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!

SCAN QR CODE FOR FULL DETAILS

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

gunnerskids.org

gunners kids

Ambition

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Sponsored by:

 AtkinsRéalis



children's hospice
SOUTH WEST



Santas on the Run

Sign up today www.chsw.org.uk/santas

Experience the magic of a festive train ride and fun run
at **Plym Valley Railway** on **Saturday 29 November**



Making the most of short and precious lives across the South West
www.chsw.org.uk

Registered Charity No. 1003314



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