

PENNINGTON CHURCH OF ENGLAND SCHOOL
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Head Teacher: Mrs Helen Storey

Spring Term Newsletter 02 - 28/04/2021

Dear Parents and Carers

Parents Evening

Your class teachers will contact you via Dojo/Tapestry offering you an appointment for a virtual Zoom parents evening in the next few weeks. You will appreciate that it will be difficult to accommodate everyone's preferred times, therefore teachers will send times out. If it is not possible for you to attend, please let your child's teacher know and they will be able to accommodate you at a later date.

Parents of Reception children will be able to attend a face to face parents evening in school in the week commencing Tuesday 4th May 2021. We are aware that some of you have never been able to come into school. Reception class has an outdoor covered area where meetings can take place. You may need to wear a coat, depending on the temperature!

Year 6 Residential Trip

Cheques for refunds are being sent out via the children today.

After School Club - Primary Schools Orienteering 2021 Park Series

Please see below the dates for this Summer's Park Series for children in Year 4, 5 and 6. Our Coordinator is Mrs Tizard and a staff member will be present at all events. If your child can attend some but not all sessions then email school to say which sessions they will be able to attend and pay for those sessions though Parentpay. We must know the numbers by Friday morning. Thank you.

Date	Location	Cost
29 th April FULL	Ulverston Leisure Centre	£2.00 per child
6 th May 3.30pm - 5.00pm	Fellfoot Park	£2.00 per child
13 th May 3.30pm - 5.00pm	Cartmel Racecourse	£2.00 per child
FINAL 20 th May 3.30pm - 5.00pm	Brockhole National Park Centre	£2.00 per child

Children will need to be transported to the event and should wear their PE Kit and running shoes and take a track suit or coat if it is chilly. Please can you also send your child with a bottle of water and a snack. On arrival please report to Mrs Tizard.



Child and Adolescent Workshops



Have No Fear - 6-10 years Thursdays 4pm-6pm

My teenage brain and me - 11-16 years Thursdays 6pm-8pm

Our term-time workshops are specifically designed for children who struggle with social interactions, making and maintaining friendships, may become anxious or stressed easily, have suffered from any type of bereavement or trauma, or just need a little help becoming more emotionally resilient.

The sessions are personalised around the children who attend and include a mixture of activities including mental health education, emotional resilience building and opportunities to develop their social and communication skills.

They also include seasonal outdoor activities, some arts and crafts thrown in for fun and yoga, meditation and fitness sessions.

Each child who attends will gain invaluable knowledge and applicable skills that will help them through any psychological or social issues they may be facing or may face in the future.

All sessions are hosted by qualified, fully insured, DBS checked and experienced psychotherapists.

The children will spend 1 hour in the training suite and 1 hour in the spirit studio (seasonal outdoor activities will be prearranged).

There are only ever 12 children at a time on each age category, so for any children who are socially anxious it is a smaller, more intimate group.

****Your child will be assessed privately by a psychotherapist before they are allocated to their group, please contact us below for more details****



Reaching Wellness

Mind * Body * Spirit

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