

# MOUSEHOLE NEWSLETTER

What's Been Happening This Week - 20.3.26



Dyth da, Parents and Carers,

Thank you everyone for your support raising money for Red Nose Day and taking part in the home challenges that were sent home. We had some fabulous videos and pictures sent in via Seesaw. Please send any you take over the weekend if you would like to take part. The children look great dressed in red and enjoyed the Danceathon and designing a red nose competition. The successful winners were Alma, Remy, Stanley, Ruan and Ula. We also managed to raise £68.50 for this brilliant charity.

We had the pleasure of The 'Open The Book' team from Paul Church who came in and worked with Luger Class on the story of Jonah and the Whale. We are so thankful for the teams time and engery with the children and the lovely production they shared with the whole school. We look forward to working with them again in a couple of weeks in the church for RE week.

We had a visit from the RNLI team who were very impressed with the childrens knowledge around beach safety. We are grateful for their fun engaging assembly to ensure that they take away the key facts to keep them safe when they are on the beach or near water now the weather is improving. Take a look at the bottom of this newsletter if you would like to make a donation to the Penlee Lifeboat.

Schooner Class took part in a Teams meeting with the author Tom Palmer alongside other schools in the Trust. They had the opportunity to ask questions and listen to Tom's journey to becoming an author. It is so key for children to engage with reading to support all of their other learning.

A quick reminder that next Friday is Skiff cake stall, please see the poster below for further information.

Easter egg raffle tickets have all been sent home with the children and thank you for the easter egg donations that have already come into school. Please can you return these by the end of next week.

A quick reminder to not book holidays in the school term as this is very impactful on your child's sequence of learning. It is important that they access the education that they are intitled to. Thank you for all your support ensuring that your child is in school each day.

We look forward to seeing you all on Monday morning and hope you have enjoyed the beautiful sunshine over they weekend.

Best wishes,  
Sarah Trow and all the Mousehole Staff



## Housepoints

Gwynver:109

Praa Sands:156

Sennen:126

Porth Chapel: 178

## Stars of the week

Congratulations to our amazing stars this week they are Zelda, Margot, Eugenie and Charlie C- for super writing, great presentational skills, and being a super role model to others. Keep up the great work all of you!

## Attendance

Whole School: 95%

Dinghy :96.4%

Skiff: 99.8%

Lugger: 95.3%

Schooner: 96.4%

## Marvellous Mouse



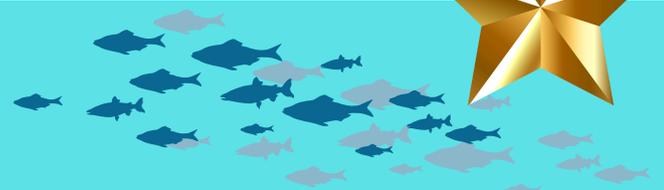
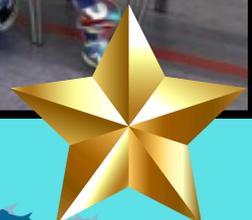
Ziggy

For his amazing listening skills following rules and routines and joining in with the phonics activities.

## Dates

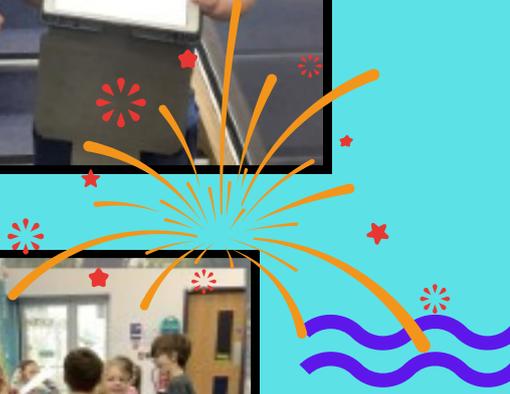
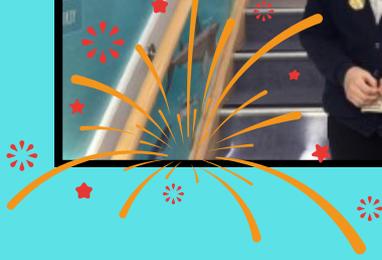
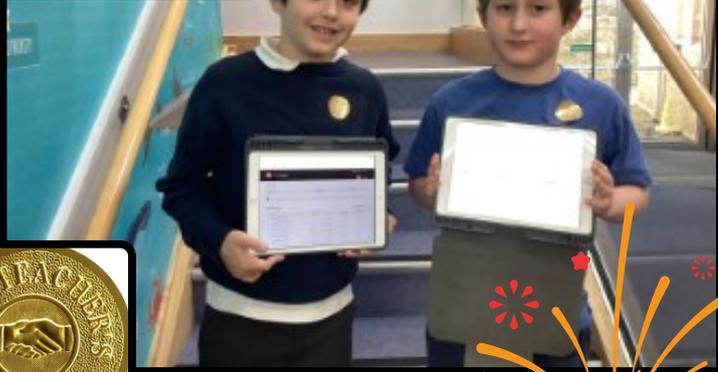
- Lugger class swimming this half term on Friday
- Friday 27<sup>th</sup> March Skiff Cake Stall
- Thursday 2<sup>nd</sup> April Easter Egg Raffle
- Thursday 2<sup>nd</sup> April last day of term
- Easter holidays start Friday 3<sup>rd</sup> - 17<sup>th</sup> April
- First day of Summer term is Monday 20<sup>th</sup> April

**2025-2026 INSET Days:**  
Monday 1st June 2026





Headteacher awards this week go to Alfie, Caleb and Behannie for fantastic achievements in their maths this week.

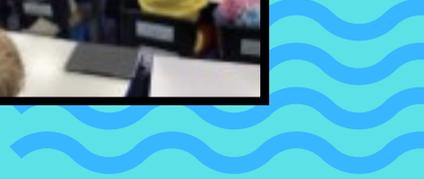
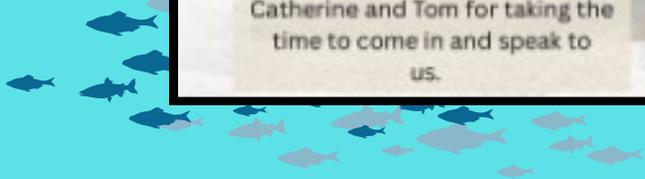


## OPEN THE BOOK

This morning we had members of Paul Church come to help Luggar class perform the story of Jonah and the big fish. The children then had to perform the story in three groups to the rest of the school in our assembly. Well done Luggers and a big thank you to our open the book team!

## BEACH SAFETY ASSEMBLY

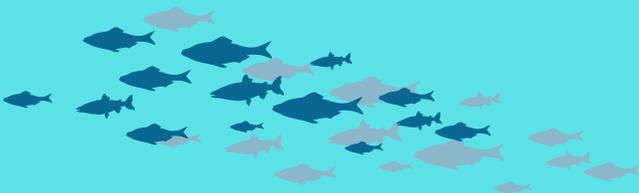
This morning Skiff and Luggar class had a special visit from RNLI Lifeguards. We had conversations about the importance of staying safe around water and what we can do if we were to get into trouble such as asking for help, who to call and how to stay calm. The children had some great basic knowledge and have all learnt some new safety tips. We would like to say a big thank you to Catherine and Tom for taking the time to come in and speak to us.



BE  
PROUD  
OF YOUR  
WORK



Congratulations to Matilda, Cian and Uma for showcasing their work, and themselves with pride and beautiful presentation. We are working hard to produce our best work at all times by demonstrating our school values of respect, hard working, confidence and kindness.



## Cornish words of the week Gwenton-Spring

Well done to our girls football team who played Truro School on Thursday. It was a challenging game losing 4:0 but they showed great determination and resilience. A big shout out to Lilah for stepping into goal under tricky situations.



Fantastic effort from all the children dressing up for Red Nose Day and taking part in activities throughout the day. Lots of fun and laughter! Congratulations to Alma, Remy, Stanley, Ruan and Ula for winning the best red nose design in their classes.



Congratulations to Martha and Rudy for achieving her 99 and his 44 Club this week. Keep up the good work and keep practicing!!



**It all starts with...** 

All Stars Cricket is the best cricket experience for **5-8 year-olds**

All kids are guaranteed to develop **new skills** while **having fun** and **making friends**

Participants receive a **personalised backpack of goodies** including a bat, ball and t-shirt!



Sign up today at [allstarscricket.co.uk](http://allstarscricket.co.uk)





**Power your play**

**Calling all 8-11 year-olds!**

Dynamos Cricket is an exciting way for kids to **play, learn cricket skills** and **make new friends**

Participants receive a **personalised New Balance shirt**

Download the **Dynamos Cricket App** now

**SIGN UP TODAY**




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**Lifeguards**

**25** 

**YEARS**

**of safer beaches**



Scan to discover



Education Resources **Lifeguards**



<https://rnlh.org/youth-education/education-resources>



BMU-Classification - Public Release

# Skiff Cake Stall

This term it is the turn of Skiff Class to hold the cake stall. The kids love the cake stall and a little Friday treat. This will take place after school on Friday 27th March.

Please can parents of Skiff class bring in any cakes or home made bakes on Friday morning and if any parent from Skiff Class can help run the stall please let reception know and one of the FROMS team will get in touch with you.





# CAPE CORNWALL SCHOOL

## SUPER! SATURDAY

Years 4, 5 & 6

Saturday 21<sup>st</sup> March 2026 10.00 - 12.30

<b>FRENCH</b> A morning in Paris	Get ready to step into the charm of the City of Light! Our Paris-themed morning will be packed with fun and imagination, including Paris Landmarks Treasure Hunt, creating your own Eiffel Tower and a Favourite Café Roleplay.
<b>Get Active</b>	Mission Impossible Ultimate Challenge Edition. A variety of fun skill-based games that test your teamwork, problem-solving, and communication skills to the test - all while having loads of fun!
<b>DT</b> Robot Pencil Head	Come and join us in the DT workshop for a super fun adventure where you'll create your very own Robot Pencil Head - a tiny robot buddy for your pencil! You'll design, glue, sand, and paint to make something bright, bold, and totally unique. Let your imagination run wild and build a robot friend as cool, silly, or colourful as you like!
<b>CODING</b> Python Turtle	You'll be learning to code using Python Turtle, a little turtle that follows your instructions on the screen! You'll get to make it move, turn, and draw to create cool shapes and repeating patterns, watching your ideas turn into colourful designs. It's a fun way to learn how coding works while teaching the turtle lots of new tricks!
<b>GEOGRAPHY</b> World Explorers	You'll explore different countries around the world and see what life is like there compared to the UK. Then you'll create your own fact file about your chosen country and/or write a postcard home describing the amazing place you've "visited"!





# Online Safety Newsletter

March 2026

## YouTube Safety Update: New Parental Controls

YouTube have published their latest update on how parents can support their child on YouTube. YouTube will now allow parents to set the amount of time viewing Shorts – this can even be set to zero. YouTube Shorts are short videos, usually less than 60 seconds long, which when continuously watched, can lead to excessive screentime. Furthermore, parents will also be able to set bedtime and ‘take a break’ reminders. You can find out more here:

<https://blog.youtube/news-and-events/updates-youtube-supervised-accounts-teens/>

If you would like to find out more about supervised accounts on YouTube, then this article explains the different settings available:

[https://support.google.com/youtube/answer/10315420?hl=en-GB&ref\\_topic=15279060&sjid=15225282118002181205-EU](https://support.google.com/youtube/answer/10315420?hl=en-GB&ref_topic=15279060&sjid=15225282118002181205-EU)

Would you like to read this newsletter in a different language? You can use the translate tool on our web version: <https://www.knowsleycitycs.org.uk/march-2026/>

## Mobile phones: do you know the risks?

We know that children having access to a smartphone can expose children to risks including:

- Viewing inappropriate content
- Excessive screen time/use, which in turn can affect their mental health and sleep pattern.
- Contact from inappropriate people/grooming
- Cyberbullying
- Spending money on in-app purchases/scams

### What effects do mobile phones have on children's mental health?

Compass discuss the research around this important topic, outlining the positive and negative effects that mobile phones have:

<https://compass-uk.org/services/compass-changing-lives/online-resources/what-effects-do-mobile-phones-have-on-children-and-young-peoples-mental-health/>

### EE Online Safety Hub

EE has published age guidance for smartphone usage to improve children's digital wellbeing. In summary, they recommend that children under 11 should use non-smart devices, for children aged 11-13, they advise that if a smartphone is used, then parental controls should be enabled and access to social media restricted. Finally, for 13-16-year-olds they still recommend that parental controls are implemented and appropriate restrictions set up. You can read the full guidance here:

<https://ee.co.uk/internet-online-safety>

### Could you delay when your child is given a smartphone with Smartphone Free Childhood?

The premise behind this movement is that all parents/carers of a class all agree not to give their children smartphones (therefore the level of peer pressure is reduced) for a set time or until a specific age:

<https://www.smartphonefreechildhood.org/>

### What device?

When you think it is the right time for your child to have a phone, then ‘Which?’ provide an overview of some options available:

<https://www.which.co.uk/reviews/mobile-phones/article/buying-a-first-mobile-phone-best-dumb-phones-and-smartphones-for-kids-aA03C3Y8aTzr>

# Virtual Private Networks

A Virtual Private Network (VPN) helps make your connection between a device and the internet more secure and can help protect personal information and add privacy. However, whilst a VPN has benefits, it is important that you are aware that if your child is using a VPN, they may be able to get round Wi-Fi restrictions, access blocked or restricted websites and bypass parental controls. It may also mean that their browsing history is hidden.

The NSPCC provides a helpful overview of VPNs, plus top tips and conversation starters here:

<https://www.nspcc.org.uk/keeping-children-safe/online-safety/vpns-and-online-safety/>

# Social Media Algorithms

## What is an Algorithm?

Algorithms influence what we see on social media platforms and predict what type of content we are most likely to interact with, thereby keeping us online for longer. The algorithm uses information such as who you follow, what you have searched for and what you have watched, liked or shared to determine what it thinks most interests you. It will then show you this content more, for example, in the explore tab on Instagram.



## What do I need to know?

Whilst there are benefits to algorithms, for example it means we tend to see content that does interest us, unfortunately there are negatives as well. They can lead to increased screentime as we continue to see things that interest us. Secondly, it can lead to users being shown large amounts of inappropriate content which can for example, exacerbate negative body image or heighten access to misogyny content. It can also lead to 'echo chambers' where you are only seeing content that relates to your opinion rather than seeing a balanced viewpoint.

## Further information

- <https://cybersmarties.com/behind-the-screen-how-algorithms-shape-what-kids-see-online/>
- The BBC discuss algorithms in this article about doomscrolling: <https://www.bbc.co.uk/bitesize/articles/zwnk3qt>

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## Five Nights at Freddy's

Five Nights at Freddy's is a horror game designed to frighten players with jump scares or creepy characters. It can be accessed from several places, for example on an Xbox (PEGI rating of 12) and on the App store (age rating of 13+). There is merchandise available, which may suggest that it is child friendly. We would recommend that you preview the game first to ascertain its suitability for your child. You can view Bark's review here:

<https://www.bark.us/content-review/five-nights-at-freddys-review/>

## Screen time and online harms

The Royal College of Paediatrics and Child Health have created a page that brings together key resources on screen time. Find out more here:

<https://www.rcpch.ac.uk/resources/screen-time-online-harms-resources-members>

## New government campaign: Is your child influenced by toxic content?

The Government have launched a new campaign providing guidance to parents on safety settings, conversation prompts and advice for tackling misinformation and harmful content. It also includes a quiz to help you and your child spot misleading or unreliable information online. You can find out more here:

<https://www.gov.uk/government/news/is-your-child-influenced-by-toxic-content-new-government-campaign-supports-parents-to-talk-about-harmful-online-content>



Cornwall  
Wildlife Trust



Cornwall Partnership  
NHS Foundation Trust



# MHST Wild Wellbeing



MHST, in collaboration with Natural England, Cornwall Wildlife Trust and National Trust, would like you to join us on a FREE Wild Wellbeing session in 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

Each session will last approx. 2 hours

## Locations and dates:

07 April - Golitha Falls

07 April - The Gardeners House, Penzance

14 & 15 April - Penrose Estate

16 April - St Ives Community Orchard

More sites and dates may be added so keep checking!

All sessions will begin at 10am. Please wear weather appropriate clothing!



To request a place, complete the online form

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



Scan to sign up

Please be aware that spaces are limited and assigned on a first-come, first-served basis. If you cannot attend after being allocated a place, inform us so we can give your spot to someone else.

Follow us on Facebook for updates and upcoming events:  
[Cornwall Mental Health Support Team \(MHST\)](#)