



"Learning that lasts a lifetime"

Newsletter

HEAD'S BLOG

Another week goes by in these strange times and it is so heartening to read about all the things you are doing at home. You are doing so well in supporting your children and I do hope you are enjoying completing the activities set by our teachers.

Next week is VE Day—a time when we would have celebrated the momentous occasion when the fighting in World War 2 came to an end. Unfortunately, we are unable to celebrate together so, instead, we are sending home lots of home learning activity ideas to enable you to commemorate this important milestone. We hope you enjoy the activities. I know lots of people will be making and displaying some bunting so I'm looking forward to seeing what the people in my street produce and hope to see photos of yours too!

It was sad to see that the London marathon was not able to go ahead and this has obviously had an impact on a wealth of charities that usually benefit from this annual event. I know a number of you have completed a '2.6' challenge at home instead. If you'd like to do one, can I point you in the direction of the Youth Sports Trust? They do great work, supporting young people across the UK through the power of sport, play and physical activity. If you'd like to know how you can complete a challenge and raise money for this worthy cause, follow this link: <https://www.youthsporttrust.org/26-challenge> Alternatively, google '2.6 challenge; for other charity challenges.

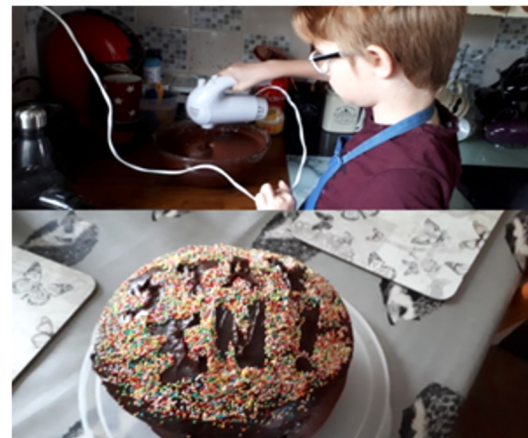
I'm looking forward to seeing your photos etc on dojo again this week. If you haven't already done so, check out Jess and Emily's awesome dance routine (shared on dojo this week). Thank you girls—it brought a smile to my face!

Have a good week—stay safe, well and happy! With all my best wishes and thoughts, Mrs Carmichael.

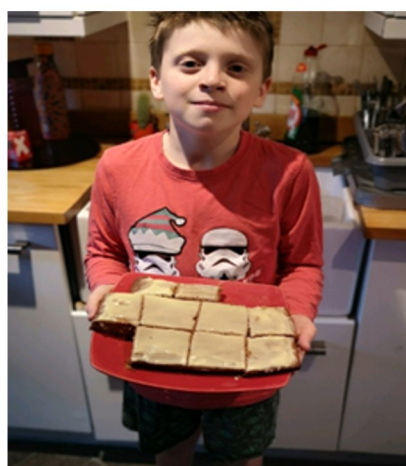
It's great to see that our children from Miss Burr and Miss Oliver's class have been making the most of the sunshine! Demelza and her mum have been very busy hiding natural treasures and mini woodland people in the walk between our school and Tregrehan. They've started a Facebook group called 'Finding Woodland Folk' where their peers post each time they find one of the hidden gifts. What a fantastic way to stay in touch and get encourage each other to get outside! During your next daily week, keep your eyes peeled!



Hope Class were set a mid-week challenge to take part in their very own Bake Off. Children had lots of fun baking a whole range of products including flapjacks, carrot cakes, muffins, NHS inspired cakes and even butter! I was very impressed with the time, effort and creativity that went into these incredible designs and as you can imagine, it was very hard to choose the winner. After a lot of deliberation, Oscar Hill was awarded with the prestigious title of Star Baker. Well done Hope Class, I was blown away with all of your efforts (I only wish I was able to taste them!)



Miss Mewton



Many local schools are helping St Austell Ambulance Station decorate their staffroom with beautiful, colourful pictures of rainbows. If you'd like to create one, you can drop them at school at the main gate if you're passing on your daily walk.



We are very fortunate to have had the chance to take part in the biggest school assembly ever, led by the Archbishop of Canterbury himself!

The assembly was being streamed live on Thursday at 10.00am on the TES website. If you weren't able to make it then, it will remain available on the Oak National Academy website:

<https://www.thenational.academy/>

More information can be found on this link:

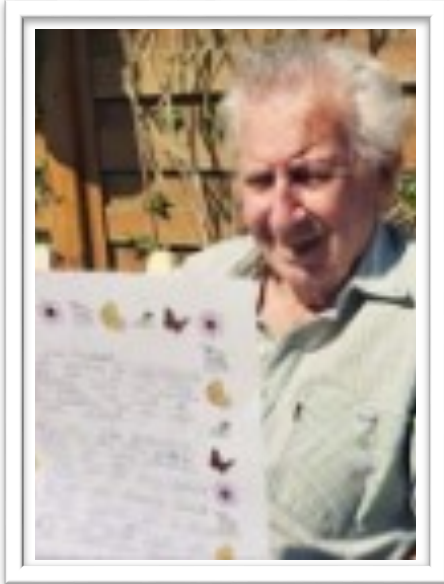
<https://www.churchofengland.org/more/media-centre/news/archbishop-canterbury-lead-first-assembly-national-online-academy>



Oak National Academy will be sharing an online assembly in partnership with TES each Thursday. These assemblies will be delivered by a range of well-known faces and will focus on topics such as hope and resilience, as well as some practical advice and support. They will act as a moment for the country's pupils and parents to come together, providing reassurance and a sense of community. We hope you can join us in this exciting opportunity to worship together!

Care home residents receive letters from Miss Edney's class

I was extremely proud this week to hear that care home received some very special post from Miss Edney's class. Peacocks had written residents letters of well wishes and hope before schools closed. This week, we received confirmation that the residents had received their letters. Our wonderful children have spread joy and smiles in true BB spirit yet again and we couldn't be prouder!



OTHER SUPPORT AND ADVICE

We understand that times are particularly tricky at the moment and last week, we talked about the importance of having conversations with your children about everything that is going on. You may wish to use the resources below to encourage your children to celebrate the positives and when things get tricky, identify their emotions and explore different coping strategies.

GRATITUDE PROMPTS

1. A **strength** of mine for which I am grateful is...
2. Something **money can't buy** that I'm grateful for
3. Something that **comforts me** that I'm grateful for
4. Something that's **funny** for which I'm grateful for is...
5. Something **in nature** that I'm grateful for is...
6. A **memory** I'm grateful for is....
7. Something that **changes** that I'm grateful for is....
8. A **challenge** I'm grateful for is....
9. Something **interesting** that I'm grateful for is...
10. Something **beautiful** I'm grateful for is...

I FEEL...



I CAN...



OTHER SUPPORT AND ADVICE



Bereavement support

If you need any help or advice following a bereavement, Penhaligon's Friends offer a wealth of support.

<https://www.penthaligonsfriends.org.uk/>

<https://www.penthaligonsfriends.org.uk/children-young-people/>

Emotional resilience and support

Cornwall Council have been developing information to support parents. The new and exciting revised version of SPACE (Supporting Parents and Children Emotionally) is available as an easily accessible digital online offer to support parents as part of the COVID 19 response.

The factsheets have links to blogs and video's embedded within the document and are available here:

<https://www.headstartkernow.org.uk/sec-sch-support/covid-19/space/>

<https://rockpool.life/>

<https://www.cornwall.gov.uk/education-and-learning/coronavirus-advice-for-children-and-families/emotional-resilience-and-mental-health/emotional-resilience-for-parents-and-carers/>

These websites have many other resources you may find useful and, on the Headstart and Rockpool websites, you will also find links and information about live Q&A sessions, providing parents with an opportunity to ask questions and talk through some of the positives as well as the challenges of parenting during lockdown.



We know that COVID 19, is having a serious impact on the lives of those living with domestic abuse. For some people, home is not always a safe place, which might mean that the prospect of physical distancing or self-isolation may be causing some adults and children to feel additionally anxious, at an already difficult time.

A simple conversation can change the life of someone living with domestic abuse. Current circumstances are preventing members of our communities from being able to access support in the same way they would have, before the COVID-19 restrictions came into place.

It is now more important than ever that we come together to provide support and safety to our neighbours, families and friends. If you know someone that is experiencing domestic abuse, reach out to them.

A phone call, text message or chat over the garden fence could be enough to help your friend, family member or neighbour escape the abuse they are experiencing.

For further support, guidance and safety planning go to saferfutures.org.uk or call 0300 777 4777

NATIONAL DOMESTIC VIOLENCE HELPLINE
0808 2000 247
24/7 CONFIDENTIAL FREEPHONE

Cornwall Refuge Trust: <https://www.cornwallrefugetrust.co.uk/>

24 hour Helpline: (01872) 225629 Tel: 01872 225629