



HEAD'S BLOG

Well what a wet and murky week—I hope you've managed to get out at some point and get a well-earned break from being indoors. I'm hoping also that now you're well into routines with remote learning and are getting used to expectations and the 'workings' of it all. The DfE have set out their expectations of schools, including the remit that we should provide 3 hours' learning for younger pupils and 4 hours for years 3-6. If you wish to read more about how we are meeting these expectations, you can read our [Remote Learning Plan](#) on our website.

Thank you for your responses to our remote education survey. We were pleased with the responses: 95% said accessing and submitting the work was easy or OK and 84% said the level of challenge was just right. The vast majority agree that live lessons are not necessarily the way to go. We received some really constructive comments too and our Senior Leadership Team will review these with teachers in order that we can improve the provision further. Teachers will also be calling to 'check-in' with your children over the coming weeks so they can keep in touch and maintain relationships.

Another development in how schools are supporting the nation's battle against coronavirus is starting next week. All staff that work in primary schools will now be tested twice a week in order to detect adults that may have the virus but are not showing symptoms. If these are found, we can significantly reduce risk of transmission, thereby reducing risks for everyone. We are currently awaiting delivery of the first batch of tests and staff are fully on-board with this initiative.

We would ask for your support with this in the following ways:

- Remember: hands—space—face. Please wear face coverings and maintain 2m distance!
- Please only make use of key worker places when no other childcare is available at home.
- Ensure you inform us straight away if any of your family tests positive for Coronavirus and self-isolate for 10 days.

We are also aware of concerns that people in the local community aren't always sticking to the government's Coronavirus lockdown restrictions. If you have any concerns that people are breaking the rules, you can share these [here](#). I know this could be a difficult decision to make but felt you should be aware that this facility is available.

And to end this week, a really good news story. In the post on Monday, I received letter about a 'Christmas reindeer'. One of our lovely pupils, who wishes to remain anonymous, decided to go Christmas carolling in December in a bid to raise some money for the homeless and for SEN pupils at Bishop Bronescombe! In the envelope was £30 to be spent on resources to help children with their learning—what an amazing, thoughtful act! It makes me extremely proud to think that one of our pupils acted in this way. Thank you...whoever you are!



Ms Carmichael

NOTICES

Policy for Emergency School Closure

As we enter the period where the likelihood of extreme adverse weather increases, there is always the possibility that the school may need to close due to severe weather (eg snow or flood) or premises problems (eg loss of heating, loss of power).

It is therefore important that I remind you of the procedure for closing the school. I am not expecting this to happen and very much hope that we do not need to do so. A copy is also on the school website under the site safety section under Parents Information tab.

In the unlikely event of storm damage or bad weather (snow) forcing the school to close, the following procedure will be taken:

1 Closure before school begins (ie overnight or before 8am): Information will be broadcast on Radio Cornwall, Pirate FM and Heart FM. Our website will be updated as soon as possible. A text and Class Dojo message will also be sent out to all parents. In the case that pupils arrive at school, parents/carers will be informed as soon as possible and the pupil looked after until they are safely collected.

2 Closure during the school day: Messages will go out on local radio and on the school website. A text and Class Dojo message will also be sent out to all parents. Parents will be requested to collect their child as soon as possible. All pupils will be safely cared for until parent/carer can collect.

Coronavirus reminders If your child develop any symptoms of Coronavirus (persistent cough, high temperature or loss of taste / smell), s/he **MUST NOT** come to school and school must be informed. Call 119 or get a test online at:

<https://self-referral.test-for-coronavirus.service.gov.uk/antigen/name>

High temperature – this means you feel hot to touch on your chest or back (you do not need to measure your temperature).

A new, continuous cough - this means coughing a lot for more than an hour, or 3 or more coughing episodes in 24 hours (if you usually have a cough, it may be worse than usual)

A loss or change to your sense of smell or taste – this means you've noticed you cannot smell or taste anything, or things smell or taste different to normal.

If you believe that your child is well enough to attend school and they have only symptoms of a 'common cold' such as: runny nose, sore throat or a mild cough they are permitted to attend.



You may remember a few weeks ago that some children in Key Stage Two found an unwell hedgehog who needed rescuing. The children named her Rosie and with the kind help of Mr Roberts and Miss Dwan, she was taken to hedgehog hospital.

This week, Miss Dwan heard from Prickles and Paws Rescue. They kindly shared some of the trail camera footage showing Rosie's first night back in the wild. Since being with them, they've given her various parasite treatments to aid her going to an outside hutch to adjust to the temperatures before being released!

It was great to see she's safe and well! Thank you for sharing this good news Miss Dwan!

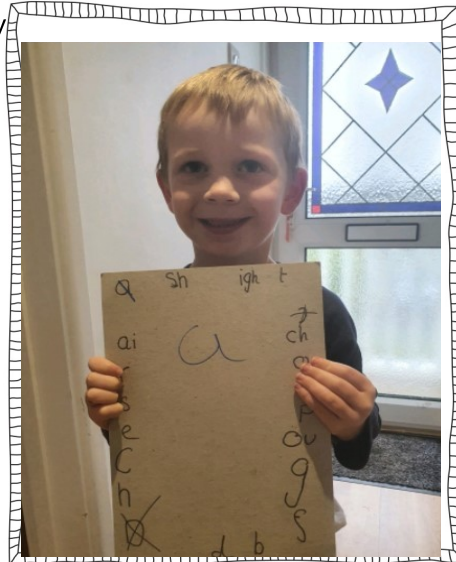


Early Years and Key Stage 1 'WOW work'

Our nursery children have been busy recognising the sound of the week

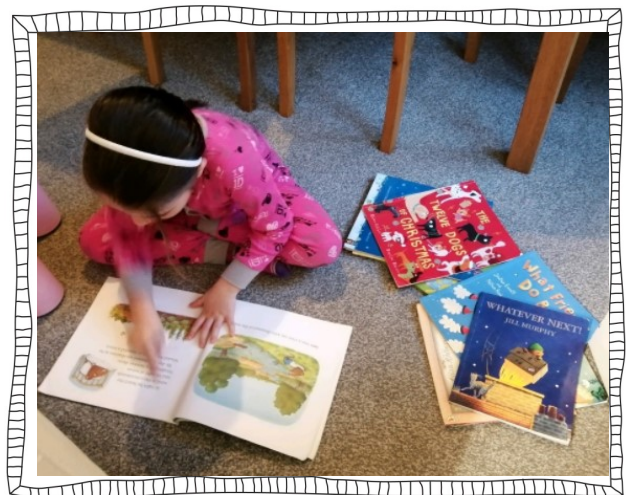
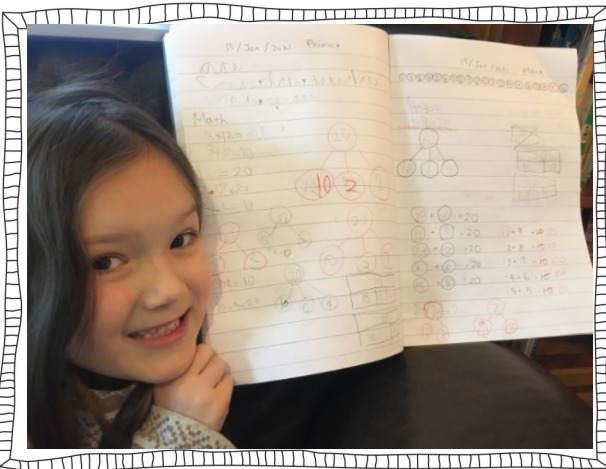


Working hard to develop phonic knowledge and fine motor skills.



Developing early reading through lots of phonics games.

Super part-part-whole models created this week!



It's been so great to see children continuing to read daily.



Practising segmenting and blending using phonics play.



Our KS1 children have been exploring how music has changed.

Key Stage Two 'WOW work'

A year three pupil exploring division practically using resources to help him.



Great to see more year three children practising their times tables at home this week.

What better way to explore division with remainders than to use playmobil figures?!



A reminder of the importance of getting outside for all important daily exercise!

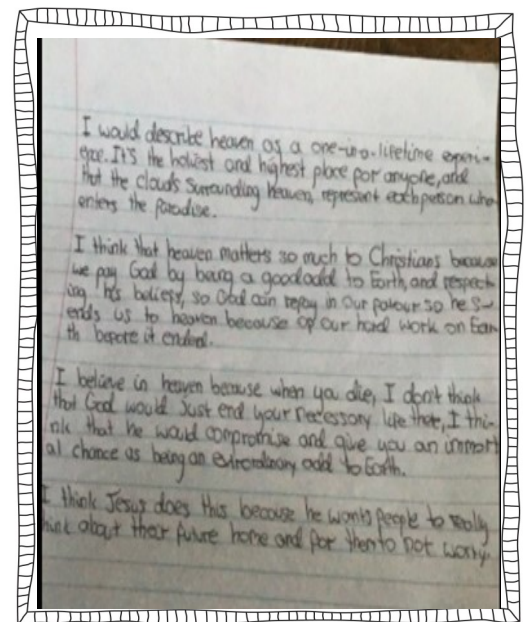


Matas' map of Cornwall with some examples of physical and human features within our county.



George, Neve and Ella's amazing art work based on their interpretations of Heaven.

Amy's fantastic responses when asked the key question 'What is the Kingdom of Heaven like and how does it compare to our world?'



This week's Achievers

BBeebies

Elise

For super engagement in home learning this week. You showed us great counting and were able to find lots of things beginning with the sound of the week

Rainbows

Archie

For his imagination and creativity with the rocket he made using junk modelling.

Stars

Jonas

For amazing effort with home learning. You've completed every activity every day with so much enthusiasm!

Year 1

Piran

For continuing to work hard in school and at home. Well done for engaging in all tasks and challenging yourself to improve.

Year 2

Eleanor

For working really hard this week and persevering when faced with challenges.

Year 3

Lexi-Mai

For always giving 100% with the home learning tasks set.

Year 4

Iszac

For working so hard in your maths this week. You have really impressed us with your independence.

Year 5

Rhys

For showing an incredible level of enthusiasm and determination to all learning.

Year 6

Evelyn

For approaching all areas of her learning this week with great enthusiasm.

PARENT SUPPORT



"The end of another week...how many of you are glad to see a weekend?! I feel like a half term should be due, but I'm sure with some rest and good self-care this weekend we can all bounce back and be ready to go again!"

This week, I've noticed that for many families our resilience is being tested and for some of us we are running on near empty. Please do remember that **parental wellbeing** is as high a priority as the academic progress for your children. Whilst many of you are juggling Home-Learning with other commitments we need to ensure that families respond to their individual needs before it becomes 'burn-out'. Perhaps have a think about the ways that your family unwind; how are you role modelling to your children ways to ensure that wellbeing is a priority?

You can answer 5 quick questions and get a FREE plan to help you deal with stress, anxiety, improve sleep and boost mood by following the link below.

<https://www.nhs.uk/oneyou/every-mind-matters/your-mind-plan-quiz/>

You may have seen my Dojo post this week about 'emptying the stress bucket' and the [FREE Wellbeing Masterclass for Parents of Pre-Teens \(mykajabi.com\)](#). This is promoted as a way to help parents reduce the 'emotional explosions' from their children but having attended I can confirm that the material really applies to all of us.

Lots of you are now finding a **Routine** that fits your household and many homes have **Family Rules** which are helping your children to understand expectations and boundaries. If you are struggling with challenging behaviour you might want to consider whether these things are as robust in your home as they can be? Holding a **Family Meeting** can be a great starting point. If you'd like any tips and advice on how best to move forwards with these ideas, please do get in touch.

When managing any challenging moments always try to remember that all behaviour is communicating something. It is our job as parents to play 'detective' and help figure out what our child needs.

Remember the difference between **punishment** and **discipline**.

PUNISHMENT usually involves an element of 'blame, shame or pain' and tends to instil fear and is not effective for long-term behaviour change

Whereas **DISCIPLINE** 'teaches' – usually about consequences.

Top tips when using **Consequences**... **The 5 R's**

- **Respectful** (Calmly explained and inflicting no pain)
- **Related** to the misbehaviour (Not willy-nilly consequences)
- **Reasonable** in duration
- **Revealed** in advance (Give a warning so children have the chance to correct their behaviour)
- **Repeated** back – Reiterate the expectation / house rule and the consequence for not following it

PARENT SUPPORT

Get Growing - Spring

Into food & up for learning something new?

Cornwall Neighbourhoods for Change

Join our friendly team of growers in a step-by-step guide to seasonal food growing.

With extra support to help you make progression & positive changes in your life

Taster & Info sessions on Thursday 21th & 28th January

Starts 4th February 2021

On Thursdays
Free 10 week course
Online course

Interested?
Call or email
01209 310 610
info@cn4c.org.uk

From preparing & looking after a growing space to exploring what you can sow & grow this season.



Cornwall Neighbourhoods for Change
The Elms, 61 Green Lane, Redruth, TR15 1LS
www.cn4c.org.uk
Facebook.com/CN4C.TheElms

Cook Well, Eat Well

Into food & up for learning something new?

Cornwall Neighbourhoods for Change

Learn new cooking skills, explore food choices & improve your confidence and wellbeing.

With extra support to help you make progression & positive changes in your life as needed

Taster & Info sessions on Wednesday 20th & 27th January

Starts 3rd February 2021

Wednesdays
Free 10 week course
Online course

Interested?
Call or email
01209 310 610
Info@cn4c.org.uk



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Level 2 Award in Creative Writing

Cornwall Neighbourhoods for Change

Do you want to improve your writing skills and gain a qualification?

Learn how to improve your writing skills using literary techniques, grammar and punctuation.

Enhance your reading skills by deconstructing and analysing a range of texts.

Combine online tutor lead and self-directed learning to earn a Level 2 Award.



Starting 1st February 2021

Mondays 2pm-4pm
& Wednesdays 10-12pm
For 10 weeks

This online course is free and is delivered on Zoom.

Interested?
contact
Emma Williams
ewilliams@cn4c.org.uk
Or call reception on
01209 310610



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Adult Education

Learning in Lockdown



Feeling lost in lockdown? Too much time to think? Unsure of what the future holds?

If you live in the St Austell, Saltash, Torpoint, Callington, Looe or Liskeard areas, are 19+ and unemployed or claiming benefits, we want to hear from you. Take this moment to upskill.

Our tutors Tamzine, Molly & Dawn will be running online Learner Led sessions, aiming to meet individuals' interests, including:

- Arts & Crafts • Cornwall Culture & History • Self esteem
- Nature, Environment & Animals • Leisure • Communication Skills
- Employability Skills • Video calling tutorials • Music

Find out more:



If you are interested in finding out more, please text your name and postcode to **07837 311 681** or follow this link to our enquiry form www.cornwall.gov.uk/locallearning



Aug 2020 JNS0045

PARENT SUPPORT

Marks and Spencer have put together this handy planner which suggests breakfast and lunch ideas. Ideal if you're working on a budget!

@marksandspencer

Kids' breakfast & lunch planner

Plan five days of tasty, balanced breakfasts and lunches for two children for less than £20 – with leftovers – all developed by M&S Food senior nutritionist Laura Street.



MONDAY	SHOPPING LIST
<p>BREAKFAST: DIPPY EGG AND SOLDIERS Boil 2 eggs for 6 minutes and serve with toasted Best of Both bread, topped with your kids' favourite spread and cut into soldiers.</p> <p>LUNCH: EASY, CHEESY PASTA Cook a couple of large handfuls of pasta and stir in half a jar of tomato and basil sauce. Serve with Cheddar cheese grated on top.</p> <p>SNACK: BANANA 'ICE CREAM' Freeze two bananas, then blitz until creamy for a healthy banana 'ice cream'.</p>	<ul style="list-style-type: none"> <input type="checkbox"/> 500g penne pasta <input type="checkbox"/> 1 jar tomato & basil pasta sauce <input type="checkbox"/> 8 white tortilla wraps <input type="checkbox"/> 1 loaf (750g) Best of Both medium sliced bread <input type="checkbox"/> 1 tin tuna <input type="checkbox"/> 2 peppers <input type="checkbox"/> 250g mature Cheddar slices <input type="checkbox"/> 4 bananas <input type="checkbox"/> 6 pack fromage frais <input type="checkbox"/> 9 chunky breaded cod fish fingers <input type="checkbox"/> 500g carrots <input type="checkbox"/> 6 round tomatoes <input type="checkbox"/> 6 free-range mixed size eggs <input type="checkbox"/> 500g traditional porridge oats <input type="checkbox"/> 6 ripen at home conference pears <input type="checkbox"/> 1 pint M&S Select Farms milk <input type="checkbox"/> 500g raisins <input type="checkbox"/> 300g white mushrooms
TUESDAY	
<p>BREAKFAST: BANANA TOAST Toast two slices of bread and top each with one sliced banana and your little ones' favourite spread from the fridge.</p> <p>LUNCH: TORTILLA PIZZAS AND SALAD Spread the remaining pasta sauce over two wraps, top with a sliced pepper and cheese slices. Grill until melted. Serve with a salad of three grated carrots and two sliced tomatoes.</p>	
WEDNESDAY	
<p>BREAKFAST: THREE BEARS PEAR PORRIDGE Cover 250g porridge oats with milk and a splash of water, then simmer until creamy. Top with two chopped pears. Mix any leftover porridge with 50g raisins and spoon into cupcake cases, then bake at 190°C fan for 30-40 mins. Save for tomorrow's breakfast.</p> <p>LUNCH: INDOOR PICNIC Cook two handfuls of pasta and toss with a tin of tuna and two quartered tomatoes. Serve with crunchy chopped carrots and peppers, and a pot of fromage frais and a banana each. Don't forget to invite the teddy bears!</p>	
THURSDAY	
<p>BREAKFAST: PORRIDGE MUFFINS Enjoy the porridge muffins you made yesterday with some sliced pear.</p> <p>LUNCH: SPEEDY CHEESE AND TOMATO TOASTS Arrange sliced Cheddar and tomatoes on top of two slices of bread (like all M&S bread, it contains vitamin D). Grill until bubbling and enjoy with a pot of fromage frais each.</p>	<div style="border: 1px solid black; border-radius: 50%; padding: 10px; display: inline-block;"> <p>5 lunches + 5 breakfasts for 2 for £20</p> </div>
FRIDAY	
<p>BREAKFAST: SUPERHERO OMELETTES Slice 250g mushrooms and fry in 1tsp oil and 1tsp butter until golden. Add 4 beaten eggs and cook to your liking.</p> <p>LUNCH: FISH FINGER SANDWICHES Cook the fish fingers according to the pack instructions and serve in four slices of bread. Serve with your kids' favourite condiments from the fridge, if you like. Enjoy with a pot of fromage frais and a sliced pear each.</p>	

Get your H₂O!
Staying hydrated is super important so don't forget to serve a glass of water with each meal.





Please note – if you're feeding smaller children, reduce the portion sizes.

ONLINE SAFETY

At National Online Safety we believe in empowering parents, carers and trusted adults with the information they need to hold an informed conversation about online safety with their children, should they feel it is needed. This guide focuses on one platform of many which we believe trusted adults should be aware of. Please visit www.nationalonlinesafety.com for further guides, hints and tips for adults.



REMOTE EDUCATION 10 TOP TIPS FOR PARENTS

Remote education ensures continuous learning outside the classroom. For parents and carers, remote education isn't always straightforward and there can be a number of factors they need to consider, especially around ensuring their children feel comfortable and are familiar with the whole concept. That's why we've created this guide to help parents and carers support their child in getting the most out of their remote education experience.

1. TAKE AN ACTIVE INTEREST IN YOUR CHILD'S LEARNING

As a parent or carer, your school may have explained how remote education works already, but children may still need help. Take an active interest in their learning and help support them whenever they need a helping hand.



2. MONITOR YOUR CHILD'S COMMUNICATION AND ONLINE ACTIVITY

It's important to remind your child that despite being at home, the same level of behaviour and conduct exists as if they were at school. Encourage them to remain polite, remember their manners and not to post or send any negative comments just because they are behind a computer.



3. ESTABLISH A DAILY SCHEDULE AND ROUTINE

Working from home and trying to learn in a more casual setting that children might associate more with play and a degree of freedom might take a bit of getting used to. Try to stick to a daily routine and use the timetable/schedule that schools have sent home to help children keep on top of their daily learning.



4. ENCOURAGE SCREEN BREAKS AND PHYSICAL ACTIVITY AWAY FROM DEVICES

Remote learning will inevitably require more interaction with computers, laptops and tablets. Teachers will invariably advise on screen breaks; however, it doesn't hurt to keep a check on their time online or encourage them to get some fresh air/exercise.



5. ENSURE YOUR LEARNING DEVICE IS IN PUBLIC SPACE IN THE HOME

It's important to consider where your PC or laptop is placed if live video is being used. Try to keep the background neutral, with no personal information visible and move learning devices out of the bedroom as this could be deemed inappropriate.



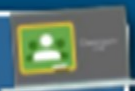
6. IMPLEMENT SAFETY CONTROLS AND PRIVACY RESTRICTIONS ON APPS AND SOFTWARE

Dependant on how your school implements remote education, your child may be required to download certain software or apps. Whilst these are likely to be relatively safe to use, like any other new app or platform, parents should still implement safety controls as a precaution.



7. ENSURE YOUR CHILD ONLY USES OFFICIAL SCHOOL COMMUNICATION CHANNELS

It's important that all communication with teachers and school staff is directed through approved school channels, whether that be through the school's online portal or the relevant secure messaging site.



8. FAMILIARISE YOURSELF WITH RELEVANT SCHOOL POLICIES

Schools should have a policy on remote education that they can share with parents. Familiarise yourself with this and ensure you know what is expected of teachers and your child during lessons, both online and offline.



9. MAINTAIN FEEDBACK WITH TEACHERS

Engage in communication with teachers where possible, and try to feed back progress and development as well as any helpful suggestions around the learning process. Be transparent but remain professional and only use official channels to communicate.



10. MONITOR YOUR CHILD'S WELLBEING AND MENTAL HEALTH

Remote education will likely mean that your child won't get the same level of social interaction and might not see their friends for a while. Keep a check on their wellbeing and try to encourage them to get out as much as they can. Whilst learning from home might seem fun and exciting to start to with, missing out on seeing their friends every day might take its toll.

