



"Learning that lasts a lifetime"

Newsletter

HEAD'S BLOG

Hello everyone!

I hope you've had a good week and are feeling well and happy.

You can't fail to have missed the media speculation about how the UK government plans to exit the current lockdown and much has been reported about what plans for schools might be. Talk abounds of suggested dates, staggered returns, social distancing and priority year groups, which must be unsettling for you all.

At the time of writing, we are still waiting to hear what the government's plans entail but please be assured that we are already starting to consider ways we can facilitate a safe return. As always, our main priority will be the safety and wellbeing of all of our pupils, families and staff. As soon as we have a clearer picture of what this entails, I will be keeping you informed.

The weather has been a bit more changeable this week so I'm sure your children will have been accessing some activities online. We are very much aware that children are more likely to be increasing the time spent on devices and, as you know, this can increase certain risks. Later in this newsletter are some posters with some advice specific to our current situation. You can also use the following link to access a guide to social networks, apps and games- <https://www.net-aware.org.uk/>. Simply type in the name of the application to gain access to an expert's view of the app's risk, a summary of how to edit the app's settings and guidance on official age ratings.

We have been blown away by your VE Day-inspired home learning activities this week. We've featured some of these on the next page. We hope you manage to celebrate this special day and get out into the forecast sunshine tomorrow.

Take care, Mrs Carmichael

Residentials update: We have managed to reschedule the Eden Residential to the Autumn Term. No news on the Y4 and Y6 trips yet but will let you know as soon as we can!



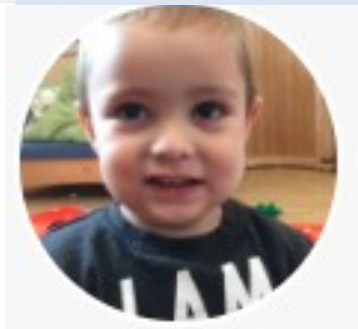
During these times, getting outside is good for our mental and physical wellbeing. It's been great to hear that lots of you have been making the most of the sunshine too so I thought I'd share with you some of the wonderful outdoor learning experiences which have been shared



with us. We've heard about planting seeds, cycling for miles and woodland walks. Keep the photographs coming!



STARS OF THE WEEK



Luke from BBeebies

Tracey is so proud to hear about your super speech progress!



Tegen from Rainbows

Miss Oliver has been amazed by all of your Home Learning, including learning your name for deaf awareness week and decorations for VE day.



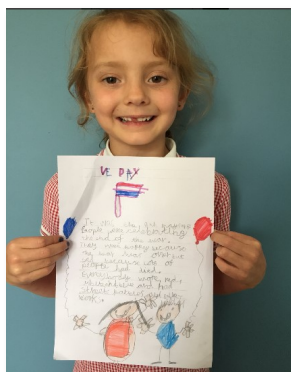
Jessica from Stars

Jessica has worked hard to create an impressive ship, complete with mast, cannons and sails!



Sebastian from Doves

Mr Deadman has been impressed with Sebastian and Ophelia. They have got in the VE Day spirit with some gorgeous bunting. Well done guys.



Emma from Little Fish

For completing additional research and a super news report about World War 2 with focus and enthusiasm.



Aleyna from Little Lambs

Mrs Lowe was really impressed with the super VE day bunting you created.



Kaytlin from Phoenix

Miss Munson is proud of the fantastic plane model you created.



Millie from Pelicans

Mr Nicholas was proud to share the many VE Day inspired activities you had completed.



Alanna from Peacocks

You've shown dedication to your home learning and Miss Edney is proud of your willingness to complete each task you have been set.



Thomas from Angels

Miss Moore is proud to hear you now know how to spell your name using Morse code!



Morveren from Faith

Well done for creating a super WW2 Spitfire to celebrate VE Day.



Kacey from Hope

You've impressed Miss Mewton with your engagement in this week's home learning tasks!

BB's Book Cover Challenge!

Get creative...

Have you heard about the Getty Museum Challenge, where the public has been invited to recreate masterpieces in their own home? The results are amazing, sometimes funny and have definitely brought smiles to our faces.

Here are some of our favourites...



So we thought we'd set our own challenge.

Can you recreate a front cover from one of your favourite books?

Here's one example

(we're sure you can do better than this!)



... and another from one Mrs Carmichael's son!



Send your photos to us and we'll feature the best in the newsletter and website.

Have fun!

OTHER SUPPORT AND ADVICE

We hope that you all have received our 'weekly check-in' message from teachers. Please take the time to either hit 'like' in response, or message the teacher just so we know you are OK. Even though we can't see you all, we still care and want to know you are all coping.

We understand there will be good days and not so good days and lots of children may have lots of questions and anxieties about things at the moment and may be showing these anxieties through a range of behaviours. Here's a useful visual aid you may want to use with your children to encourage them to recognise and talk about their feelings and emotions.



ANXIETY might be a reminder to:

- Turn off the screen
- Check in and listen to your wise voice within
- Focus on what is within your control
- Treat yourself with gentle loving kindness
- Remember that not all thoughts are true
- Exercise (this helps to burn off the stress hormone cortisol)
- Deal with something you have been avoiding
- Get more sleep
- Take a few (or many) slow, deep & focused breaths
- Simply notice that you are feeling anxiety, without judgment

Here are some useful websites to use when talking to your child about Coronavirus:

Flourishing Families – A simple guide to how to talk to children about Coronavirus: <https://www.flourishingfamiliesclinic.nhs.uk/How%20to%20Talk%20to%20Children%20about%20COVID.pdf>

Mencap - Easy Read guide to Coronavirus: <https://www.mencap.org.uk/advice-and-support/health/coronavirus>

British Psychological Society – How to talk to your child about Coronavirus: <https://www.bps.org.uk/news-and-policy/bps-highlights-importance-talking-children-about-coronavirus>

Turn2us Coronavirus Grant Fund

TURN2US
FIGHTING UK POVERTY

Covid-19 is undoubtedly the largest public health crisis for a generation and is a threat to all of our lives. The length of the disruption caused by the virus is unknown but what we can be certain of is that millions of people will find themselves in financial hardship. While the government's measures will help many in time, we aim to alleviate some of the immediate financial pressures of those most in need.

The Turn2us Coronavirus Grant Fund has been set up to support people who have lost their income as a result of the Coronavirus and to meet their immediate basic household expenses.

Please note that we are unable to replace your income. We are able to provide a one-off crisis grant of £500 per household towards essential living expenses (food, bills etc).

Who can apply?

We can only help those who are in immediate financial difficulty due to the Coronavirus. You will need to satisfy all of the following criteria:

- You can clearly demonstrate a loss of income due to Covid-19 (evidence will be required showing at least a 50% reduction in earnings, we can accept bank statements, letter from employer outlining change in employment)
- You are a resident of the UK / Republic of Ireland
- You are not currently in Further or Higher Education
- You are over 18
- You have less than £1K savings (single person) or less than £2K savings (couple/family)

Please note that if you have received a Turn2us grant in the last 6 months we will be unable to assist you.

How do I apply?

If you already have a Turn2us account please login and click this link:

<https://www.turn2us.org.uk/MyTurn2us/Individuals/Application/>

If you do not have a Turn2us account please create one by clicking the link below

[Please register for a Turn2us account using this link](#)

When you create your account, please check you inbox for a verification link.

After creating your account please:

- Login to the website
- go to Myturn2us in the navigation bar at the top of the page
- select Online Grant Applications.

Emotional resilience support for parents and carers

Together for Families provides support for parents and carers as well as young people. This page is updated weekly to include relevant content to help you and your child/ren.

Click on: <https://www.cornwall.gov.uk/covidresilience>



OTHER SUPPORT AND ADVICE

LGfL

DigiSafe
keeping children safe

SIX TOP TIPS
To Keep Primary Kids Safe Online During School Closure

Children are bound to spend lots more time on devices during school closure. **DON'T FEEL BAD ABOUT IT** – lots will be schoolwork or catching up with friends. But there are ways to keep them safe, healthy and happy.

Don't worry about screen time; aim for screen quality

Scrolling through social media isn't the same as making a film or story, or Skyping Grandma. Use the Children's Commissioner's 'Digital Five A Day' to plan or review each day together.



Check the safety settings are turned on

Whether it's your home internet, mobile devices, consoles, apps or games, there are lots of settings to make them safer. The key ones are - can they chat to strangers, can they video chat or 'go live', are their posts public? **Internet Matters** has hundreds of guides to parental controls.



Get your children to show you their apps and games

You don't need to know all about the latest app or game, but if your child shows you what they are doing and with whom, you'll probably see if it's appropriate or not. Remember 18 games are not more advanced – they are harmful to children! For parent guides to apps, including recommendations for kidsafe apps and video platforms, search for **Common Sense Media** or **NSPCC's NetAware**. And why not download the **BBC Own It** app?



Don't try to hide the news about coronavirus

If you don't talk about it, your children might read inappropriate pages, believe scare stories or simply catastrophise in their heads. Why not watch **Newsround** together and talk about how they feel – there is guidance from **Childline** to help you.

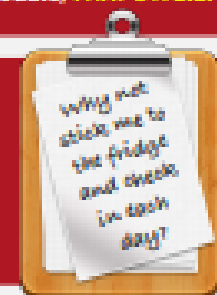


Remind them of key online safety principles

There are too many to list, but remember human behaviour is the same online and offline. Remind your children to be a good friend, to ask for help if they are worried or if someone is mean, not to get undressed on camera and most important of all... if somebody tells them not to tell or ask for help because it's too late or they will get in trouble, **THAT'S A LIE!**

If you aren't sure, ASK!

Your school may be able to give you advice, but there are plenty of other places to ask for help as a parent or a child, whether it is advice or help to fix something. Lots of sites are listed at **reporting.lgfl.net**, including ones to tell your kids about (they might not want to talk to you in the first instance).



You can find anything above by just googling it, or follow us @LGfLDigiSafe on Twitter or Facebook where we regularly share these resources