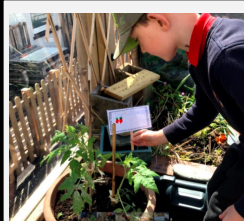


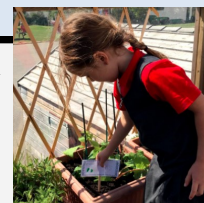


HEAD'S BLOG...



Where oh where has the Spring weather gone? A bit of a wet and windy week but that hasn't deterred our children in enjoying the great outdoors! Our year 6 children are having a blast at Porthpean Outdoor Education Centre, whilst the second of two groups of KS2 children have experienced a range of activities at Go Beyond. In Reception, children have been busy planting and labelling some plants, generously donated by a parent.

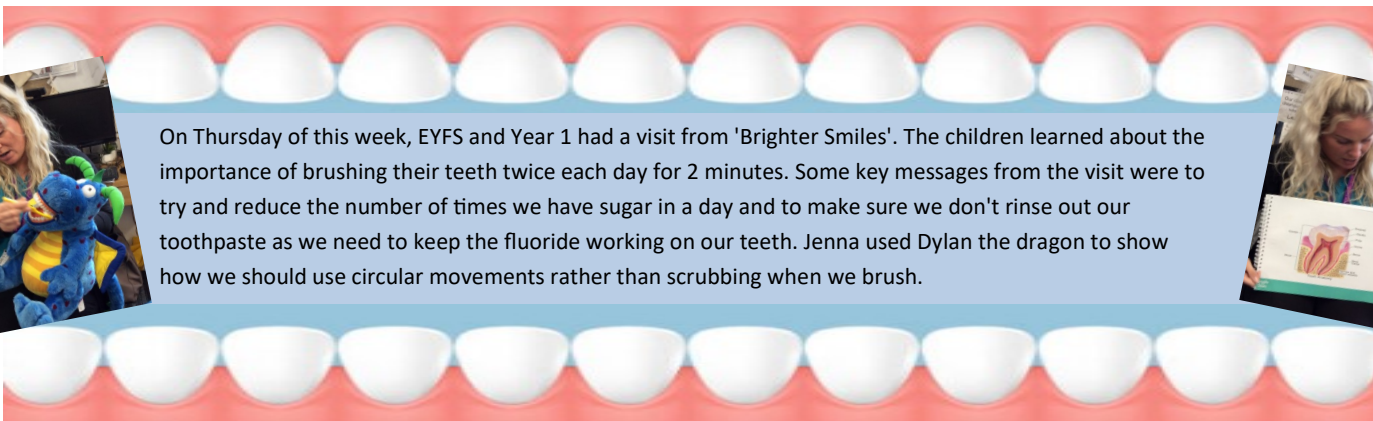
They have loved finding out about the different species and are developing understanding of how they need to look after them to make them grow. Thank you so much for this kind donation.



Our library has seen some investment over recent years and children are loving the range of new books now available. Reading for pleasure obviously promotes academic achievement but also improves children's wellbeing – something our children need now more than ever before. We are always looking for ways to further enhance our library and have come across this opportunity. National Book Tokens' big prize draw is giving you the chance to win £5,000 of National Book Tokens for our school's library – and if your entry is picked, you'll also get £100 of National Book Tokens to spend on yourself! Just imagine what we could do with all of those tokens! The closing date is Saturday 31st July 2021, and the winner will be announced in the autumn term. Please enter via the form [here](#).

Finally, if you are keen to get involved in supporting the school's fundraising efforts, our 'Friends of BB' are always on the lookout for new members. Angie, the chair of this lovely group, can be contacted via email: angiegeach@gmail.com

Ms Carmichael



On Thursday of this week, EYFS and Year 1 had a visit from 'Brighter Smiles'. The children learned about the importance of brushing their teeth twice each day for 2 minutes. Some key messages from the visit were to try and reduce the number of times we have sugar in a day and to make sure we don't rinse out our toothpaste as we need to keep the fluoride working on our teeth. Jenna used Dylan the dragon to show how we should use circular movements rather than scrubbing when we brush.

Coronavirus reminders If your child develops 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>

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.

Did you know anyone with a family member attending school can test themselves twice every week?

The twice-weekly test kits can be accessed:

via employers if they offer testing to employees, at a local test site, by collecting a home test kit from a test site, by ordering a home test kit online on this link: <https://www.gov.uk/order-coronavirus-rapid-lateral-flow-tests>

NB: All absences must be reported to our school office by calling 01726 64322. You can leave a message if outside of office hours. Please DO NOT report absences via Class Dojo. Thank you.

This week's Achievers

BBeebies

Lyla

For showing accurate and steady rhythm in clapping and stomping to the note D during Incy Wincy Spider music!

Rainbows

Evie

For her amazing enthusiasm and interest in music and singing!

Stars

Ava

For happily exploring instruments and the sounds they make to create her own songs.

Little Doves

Jude

For joining in enthusiastically during our daily dance.

Little Fish

Imogen

For demonstrating her musical ability when playing the Glockenspiel.

Little Lambs

Sebastian

For always being enthusiastic and passionate with both music and movement.

Peacocks

Courtney

For showing skills in creating her own composition when playing the Glockenspiel in music.

Pelicans

Ruby

For contributing to the class music composition, accurate playing and showing enthusiasm during music lessons.
(chosen by Mrs Pascoe this week)

Phoenix

Maria

For great engagement and always sharing her ideas.

Angels

Clara

For showing an incredible enthusiasm towards music lessons when learning a range of songs on the Ukulele.

Faith

Thomas

For his brilliant Ukulele playing - he impressed his peers with a Ukulele version of Despacito!

Hope

Morveren

For giving up her lunch times to tune Ukuleles and for her fantastic contribution to music lessons this half term.

READING

As part of reading for pleasure, we begin to identify who are favourite authors are. Here are some photos of popular children's authors. Can you match them with the correct name and the books they have written? Answers will be in next week's newsletter! Good luck.

Author	Name	Books they have written
	Rosald Dahl	
	Thomas Taylor	
	Jill Murphy	
	Tom Fletcher	
	Julia Donaldson	

OTHER NOTICES

G7 Summit #G7prepared

Prepare for disruptions over the coming weeks including:

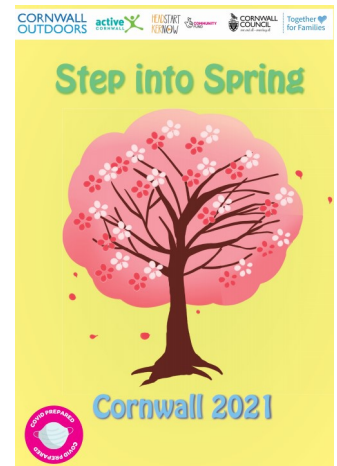
- Building barriers around the host venues and limited access to certain areas
- Road closures
- Maritime limitations
- Aviation restrictions
- Public transport restrictions

We are working hard to minimise the impact on local communities.

For more information visit: www.dc.police.uk/G7
Or register for free news alerts, visit: alerts.dc.police.uk

Step into Spring is a free booklet that contains a number of low cost or no cost activities to help you feel nurtured and connected to those around us who provide love, care and support and be connected to our environment.

[Click here](#) to access the free booklet



Old toothbrushes, empty toothpaste tubes and oral care packaging can be popped into the bin and will be recycled through the Colgate TerraCycle Programme.

Click [here](#) for more information.



Covid-19 Vaccinations

Did you know that anybody over the age of 34 and over is now able to book their Covid-19 vaccines?

Further updates can be found on the Cornwall Council Facebook page and/or NHS Facebook page.

You can book your vaccine by following this link: <http://nhs.uk/CovidVaccination>

WRAPAROUND BOOKINGS

A polite reminder to please ensure that if you have a wraparound session booked and it's no longer required - please cancel via the office.

As part of our Covid risk assessment, we need to cap the number of places available, meaning places are limited.

Failure to cancel a session can result in you still being charged.

EXCITING NEWS



**Bishop Bronescombe
Early Years**

*A nurturing environment
where children learn, play and thrive.*

We are excited to announce the launch of our Bishop Bronescombe Early Years Facebook and Instagram pages!

Stay up to date with the learning, play and achievements of our youngest children in the school and don't forget to like, share and follow the page to share the amazing things we do within our community.



Click here to like, follow and share the page :)

<https://www.facebook.com/Bishop-Bronescombe-Early-Years-106284824750208/>



DATES FOR YOUR DIARY

2020/21 Spring Term Diary Dates:

Mon 31st May 2021-Fri 4th June 2021—Half term

Thurs 10th June 2021— Y6 Kernow Sports activity day in school

Fri 11th June 2021—Inset day

Thurs 8th & Fri 9th Jul 2021—Y6 transition days at Penrice

Fri 23rd July 2021—Last day of term

ONLINE SAFETY

This week's topic is being kind online. More information and advice can be found [here](#) and [here](#).

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.NATIONALONLINE SAFETY.ORG FOR FURTHER GUIDES, HINTS AND TIPS FOR ADULTS.

LITTLE REMINDERS OF HOW TO

BE KIND ONLINE

ONLINE ABUSE CAN HAVE A SEVERE IMPACT ON PEOPLE'S LIVES AND IS OFTEN TARGETED AT THE MOST VULNERABLE. CYBERBULLYING HAS BEEN SHOWN TO HAVE PSYCHOLOGICAL AND EMOTIONAL IMPACT. IN ORDER FOR US TO DEVELOP EMPATHY FOR OTHERS WE SOMETIMES NEED TO MOVE AWAY FROM FULFILLING OUR OWN NEEDS AND THINK ABOUT THE NEEDS OF OTHERS. THIS IS SOMETIMES MORE CHALLENGING ONLINE BECAUSE WE CANNOT SEE THE PERSON, CONNECT WITH HOW THEY FEEL NOR INTERACT FACE TO FACE.

THIS GUIDE WILL HELP YOU TO BE MORE CAREFUL ONLINE AND IS SUITABLE FOR ANY ENVIRONMENT I.E. GAMING, MESSAGING AND SOCIAL MEDIA. IT WILL HELP YOU TO UNDERSTAND THE IMPORTANCE OF SHOWING KINDNESS AND HOW TO DEVELOP EMPATHY ONLINE.

TOP TIPS FOR EVERYBODY

#WAKEUPWEDNESDAY

UNDERSTAND WHAT 'EMPATHY' IS

EMPATHY IS THE SKILL OF RECOGNISING, UNDERSTANDING AND CARING ABOUT ANOTHER PERSON'S FEELINGS AND TAKING ACTION TO HELP. THIS IS TRICKIER ONLINE BECAUSE RECOGNISING AND IMAGINING HOW ANOTHER PERSON FEELS IS HARD WHEN WE ARE NOT WITH THEM FACE TO FACE. WHEN WE TRY AND UNDERSTAND HOW SOMEONE FEELS THROUGH WORDS ALONE, IT CAN LEAD TO CONFUSION OR A MISUNDERSTANDING.



FEEL, SEE AND UNDERSTAND

IF WE IMAGINE OURSELVES IN THE SITUATION OF ANOTHER PERSON, WE TAKE ANOTHER STEP DOWN THE PATH OF EMPATHY. IT DOESN'T MEAN AGREEING WITH THE OTHER PERSON, BUT IT MEANS UNDERSTANDING HOW THEY FEEL. IF YOU FEEL YOURSELF BECOMING DETACHED AND UNCARING PERHAPS DEVELOP A MENTAL PICTURE OF THEM, SO YOU CAN IMAGINE THEM AS REAL PERSON AND NOT JUST A BUNCH OF WORDS. IF YOU KNOW THE PERSON, CONSIDER A VIDEO CHAT OR VIDEO CALL.

DEVELOP SELF EMPATHY

ALTHOUGH WE TEND TO SHOW THE BEST OF OUR LIVES THROUGH SOCIAL MEDIA, THE REALITY IS WE ARE NOT ALL PERFECT. HAVING EMPATHY FOR OTHERS MEANS WE NEED TO ALSO HAVE SELF EMPATHY. IF WE UNDERSTAND THAT WE ARE NOT ALL PERFECT, INCLUDING OURSELVES, WE CAN FIND KINDNESS.



★★ OFFER HELP ★★

ACCORDING TO DR DAN SEIGEL, A CLINICAL PROFESSOR OF PSYCHIATRY, BEING KIND IS REALLY ABOUT RESPECTING EACH OTHER'S VULNERABILITY AND WANTING TO HELP. SO, WHEN SOMEONE IS SHARING THAT THEY ARE STRUGGLING OR FINDING LIFE HARD, OFFER HELP, EVEN IF THE HELP IS A LISTENING EAR OR SAYING, 'I CAN UNDERSTAND YOU WOULD FEEL THAT WAY, I'M HERE FOR YOU'.



TRY TO ADD VALUE

CONSIDER, BEFORE YOU COMMENT ON A POST OR IMAGE, HOW CAN I HELP THIS PERSON TO LOWER THEIR SADNESS? HOW CAN I ADD SOMETHING TO IMPROVE THEIR DISTRESS AND HAPPINESS? SHOWING OTHER PEOPLE'S PAIN AS ENTERTAINMENT AS A WAY TO GET NOTICED OR MORE LIKES DOES NOT ADD VALUE.



BE RESPONSIBLE

THINK TWICE BEFORE YOU ACT. CONSIDER, ARE YOU ACTING ON ANGER, FRUSTRATION OR IN A MOMENT OF JUDGING A SITUATION WITHOUT KNOWING THE TRUTH? ONLINE, IT IS EASY NOT TO HAVE ALL THE FACTS AND REACT TO A SITUATION WHICH IS BEING PORTRAYED.



UNDERSTAND THE IMPACT OF YOUR WORDS

COMMENTING ONLINE SOMETIMES MEANS THAT WE DON'T ACTUALLY 'SEE' THE IMPACT OF OUR COMMENTS AND WORDS. THIS MEANS IT CAN BE EASIER TO DETACH FROM THE CONSEQUENCES OF OUR ACTIONS. UNKIND COMMENTS DO HAVE CONSEQUENCES AND CAN ADD TO SOMEONE'S DISTRESS AND FEELING ABOUT THEMSELVES.



DISASSOCIATE FROM PACK MENTALITY

ONLINE, IT IS EASY TO GET CAUGHT UP WITH POSTING NEGATIVE COMMENTS BECAUSE EVERYONE ELSE SEEMS TO BE. GET COMFORTABLE WITH STANDING OUT, AND NOT GETTING CAUGHT UP POSTING NEGATIVELY BECAUSE EVERYONE ELSE IS. EVEN IF THIS MEANS STANDING ALONE AND REMINDING OTHER PEOPLE THAT THEIR BEHAVIOUR IS UNKIND, YOUR COURAGE COULD SAVE A LIFE.

#BEKIND



National
Online
Safety®

#WAKEUPWEDNESDAY

MEET OUR EXPERT

THIS GUIDE HAS BEEN WRITTEN BY ANNA BATEMAN. ANNA IS PASSIONATE ABOUT PLACING PREVENTION AT THE HEART OF EVERY SCHOOL, INTEGRATING MENTAL WELLBEING WITHIN THE CURRICULUM, SCHOOL CULTURE AND SYSTEMS. SHE IS ALSO A MEMBER OF THE ADVISORY GROUP FOR THE DEPARTMENT FOR EDUCATION, ADVISING THEM ON THEIR MENTAL HEALTH GREEN PAPER.



For further info, check out these online resources too

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

<https://youngminds.org.uk/>

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

www.nationalonlinesafety.com Twitter - @natonlinesafety Facebook - /NationalOnlineSafety Instagram - @nationalonlinesafety

Users of this guide do so at their own discretion. No liability is entered into. Current as of the date of release: 19.02.2020