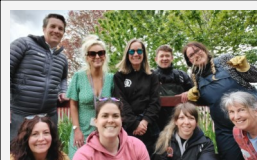




## HEAD'S BLOG...



Thanks this week go to our intrepid staff team of 'pond dippers' who generously gave their own time to tidy up the school pond .... from this:



to this:  
It looks SO much better! We are also busy starting up a school 'allotment' and would also like to spruce up the secret garden and flower beds so if you'd like to make any donations, please let our school office staff know!

### Parent survey 2021

The results are in! We are pleased to note that 94% of you say your child is **happy** at the school; feel your child is **well looked after** and is **taught well**. It appears that some of you do not feel homework is appropriate so this is something to review. With the rollercoaster of remote education, there are certainly things we can learn from the experience and we will reflect on what worked well, which we can use to inform our review. There were some lovely comments about what we do well, which are always good to hear after such a tough year. There were also some interesting and constructive comments on what we could develop. These will help us to inform future development plans. Thank you for taking the time to complete our survey.

And one other plea ... please, if you are experiencing worries or concerns about any aspect of your child's experience at school, whether it be in the classroom or at play, please let us know! If we don't know, we can't work together to resolve things. Class Dojo can be used to contact the class teacher or call the school on 01726 64322 to make contact with our Assistant Heads, Mr Hobbs and Miss Jane, or me. All the best! Ms Carmichael

We are very proud of Elouisa this week. She has finally enjoyed, (like many of us!) a post-lockdown haircut. But her's is extra special, as it has meant having her beautiful long hair cut to her shoulders and kindly donating it to the Little Princess trust. This is such a wonderful gift, as they use the hair to make wigs for children and young people who have lost their hair through different illnesses. Well done, Elouisa!



**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

James R

For caring for Gods world.

### Rainbows

Eli

For his visual representations of different religions.

### Stars

Lottie

For always adding thoughtful and interesting comments to RE sessions.

### Little Doves

Aubrey

For excellent depiction and knowledge of Salah in RE this week.

### Little Fish

Benji

For always contributing thoughtful ideas and viewpoints in our RE lessons.

### Little Lambs

Robert

For taking pride in his pictures when learning about Muslim rituals.

### Peacocks

Tyler

For always contributing in RE and your poster about the Holy Spirit was amazing!

### Pelicans

Bow

For persevering when researching and analysing Christian art.

### Phoenix

Cathryn

For a fantastic piece of art work showing the symbols of the Holy Spirit.

### Angels

Mason

For consistently being able to consider a range of views during discussions in an RE lesson, and showing depth of understanding and consideration of other views, ideas and traditions across religions!

### Faith

Merryn, Grace and Eva

For producing some great work on the 5th pillar of Islam.

### Hope

Peter B

For writing a fantastic diary entry highlighting the importance of the fifth pillar of 'Hajj'

# READING



This week, Little Fish received three gifts all wrapped in shiny paper. When they unwrapped them, they found three beautiful books that they had chosen as a class to read and enjoy. They had been given a budget of £12 to spend and they had managed to purchase three amazing books.

**Where the Poppies Now Grow** is a tribute to honour those who fought for peace in World War I.

The author, Hilary Robinson and the illustrator, Martin Impey, have written a series of beautiful picture books remembering those who fought wars in the past, including a book about the gardeners from Heligan – the book is called *A Song for Will: The Lost Gardeners of Heligan*. *Where the Poppies Now Grow* will help support the children's learning about Remembrance Day.



**Hidden Figures** is a fabulous picture book that tells the true story of the four inspiring black women who helped NASA launch men into space. You may well have seen the film with the same title. Little Fish chose this book because they are learning about the first moon landings this term.

**A Bear Called Paddington** by Michael Bond. A children's classic and favourite bought for a story that everyone can enjoy. What brilliant book choices Little Fish!

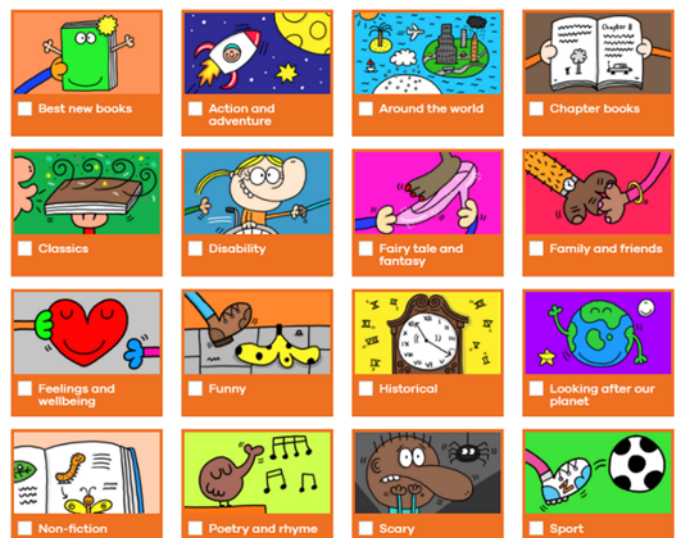
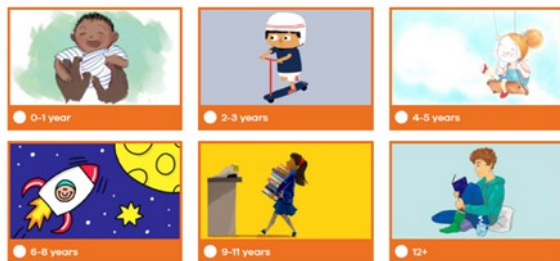
Remember there are lots of websites that provide guidance for books you might want to purchase for your child.

A really useful site is <https://www.booktrust.org.uk/books-and-reading/bookfinder/>.

Step 1 allows you to choose from a specific age range and Step 2 has suggestions for different types (or genre) of books, e.g. books about sport or books that are humorous, books that are set in different parts of the world as

Step 2: Choose a type of book

Step 1: Choose an age/stage



well as suggestions for poetry and rhyming books and non-fiction books. Well worth a look!

## OTHER NOTICES

### SCHOOL CENSUS DAY

Special menu—**Thursday 20th May**

Ham & pineapple pizza  
or

Cheese & tomato pizza

served with sweetcorn and salad

\*\*\*\*\*

Chocolate drizzle cake or Fresh fruit

Please order via ParentPay as usual

We would encourage as many people as possible to have a school lunch on this day as it will improve our funding for the following year!



**Devon & Cornwall POLICE** **G7** **CORNWALL COUNCIL**

**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](http://www.dc.police.uk/G7)  
Or register for free news alerts, visit: [alerts.dc.police.uk](http://alerts.dc.police.uk)

### BlackbirdPie

The May/June digital issue of BlackbirdPie What's On in Cornwall magazine is out now and there is SO much more to do, indoors and out! From the theatre to indoor play centres, gorgeous galleries & fascinating museums, free events & special offers, and new skills to learn like sailing, archery, coasteering & circus craft.

**Cornwall's What's On for Families**

## DATES FOR YOUR DIARY

### 2020/21 Spring Term Diary Dates:

Fri 21st May 2021—Y6 Porthpean outdoor activity day

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

# PARENT SUPPORT

As we look ahead to the next step in the government's roadmap for easing Covid-19 restrictions, we know that the coming months will be an exciting time for many.

However, for lots of individuals, particularly children and younger people, the uncertainty of the last year has brought a lot of challenges and may have left them feeling anxious and worried about the prospect of the world opening up again.

Children and young people have experienced things that no other generation has ever experienced before and they have been forced to adapt to new situations and routines, while demonstrating an incredible amount of resilience.

It is therefore completely normal and expected that these challenges may have had a negative impact on their emotional wellbeing and mental health.

That's why, this Mental Health Awareness Week, we are encouraging families across the county to discover how the theme of the week - nature - can have a positive impact and help to reduce some of the anxiety that children and young people may be experiencing.

The connection between the natural world and positive emotional wellbeing and mental health is so intrinsic and its power to improve how we feel should never be underestimated. Going for walks outside has been one of the top coping strategies for people during the pandemic; being in green spaces has been vital for people's mental health.

The good news is there are lots of ways you and your children can experience nature together. This might be sitting outside in your garden, having fun together in your local park, nurturing a pot plant on your windowsill at home, or simply sitting still and listening to the birds in the trees. Nature has proven to reduce stress and anxiety and luckily is all around us in one form or another.

So, take a moment this weekend to enjoy the natural world and experience the positive impact that it can have on both your and your child's mental health and wellbeing.


Remember that we are our children's role models when it comes to learning about the importance of attending to both our physical and mental health.

During Mental Health Awareness Week, people are being asked to do three things:

- **Experience nature:** Take time to recognise and grow your connection with nature during the week. Enjoy a moment in your garden, local park, beach or your favourite walk and celebrate the small wonders of nature in your daily life. You might be surprised by what you notice. Nature is everywhere, even in the middle of towns and villages!
- **Share nature:** Take a photo, video or sound recording and share the stories of the wildlife you have seen or heard during the week, to inspire others to pause and look around them. Join the discussion on how nature makes you feel by using the hashtags [#ConnectWithNature](#) [#MentalHealthAwarenessWeek](#)
- **Talk about nature:** You don't need to be an expert to encourage others in your family, school, workplace and community to find new ways to connect with nature in your local environment. There are some brilliant resources available and local wildlife groups to join if you want to learn more, do more for nature or inspire others.

## PARENT SUPPORT

# WHY IT IS IMPORTANT TO WORK DAILY ON YOUR MENTAL HEALTH

 @BELIEVEPHQ



So that you can take  
time to be kind to  
yourself



So that you can find  
time to relax, take a  
break and breathe



So that you can  
regularly build upon  
coping skills



So that emotions and  
thoughts don't build  
up and become  
overwhelming



So that you can find  
time to do activities  
that provide you with  
a sense of self care



So that you can  
engage in behaviours  
that boost mood and  
reduce stress and  
anxiety



So that you can  
become more aware  
of your mental health  
and check in  
regularly with how  
you are feeling



So that you can  
adopt a proactive  
mindset towards  
looking after yourself



**BELIEVEPERFORM**  
Mental Health & Wellbeing

### [Covid-19 Vaccinations](#)

Did you know that anybody over the age of 38 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>

# ONLINE SAFETY

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

## 12 Top Tips TO SUPPORT MENTAL WELLBEING THROUGH NATURE Online and Offline

'Nature' is a superb choice as the theme of this year's Mental Health Awareness Week, as there's clear evidence that getting access to nature is excellent for our mental health. With Covid-19 restrictions beginning to ease, it's the perfect time of year to rediscover the natural world and give ourselves a calming, uplifting treat. You don't have to drag the family on a four-hour hike, either – just 10 minutes each day in the garden, in the local park or your nearest green space could really help. Here are 12 suggestions for ways you can benefit from nature ... both online and off.

### ONLINE

### OFFLINE

**1 Give something back to nature**

A swift internet search should bring up details of any local conservation projects you could volunteer for, or litter-picking events that you could enrol the family in. It doesn't have to be a long-term commitment: most schemes are grateful for every bit of help!

**2 Tranquil streams**

Search your preferred music player for some soothing natural sounds. A few minutes' gentle audio of rainfall, ocean waves or birdsong are all great ways of unwinding at the end of the day to get you ready for an excellent night's sleep.

**3 Give geocaching a go**

If you've not heard of it, geocaching is a modern twist on the traditional treasure hunt. Participants look for items hidden in outdoor locations, using a GPS-enabled device like a mobile phone or tablet. We'd recommend that an adult accompanies young adventurers!

**4 Share what you see**

While you're out exploring nature, take a photo or video of anything you find that inspires you. Not only will it be a nice memory for you to look back on, but you could also share it safely on social media and maybe motivate others to engage with the natural world!

**5 Watch the stars**

Looking at the night sky can be incredibly calming. There are some comprehensive stargazing websites and apps to help you locate and recognise different stars. It can take 20 minutes or so before you can see stars fully in the dark, even on clear nights, so allow your eyes time to adjust.

**6 Wildlife on the web**

A Google search will bring up lots of sites that stream webcam footage of nature. From seals to barn owls, rabbits to badgers, you can get an intimate, heart-warming view of all kinds of animal communities from inside the comfort of your own home.

**1 Ditch the phone**

Now the weather's improving, go for a walk in a green space nearby. If you're already familiar with your chosen route, you could always leave your phone at home to be completely free of the usual distractions and notifications.

**2 Put down some roots**

Planting flowers, shrubs, herbs or vegetables can be extremely rewarding. Not only does it help us to connect with nature – it also provides an ongoing project to draw pleasure from. If your home doesn't have a garden, no problem: a window box will do the job just as well!

**3 A different kind of tweet**

Most gardens in the UK attract a wonderful variety of birds, and just watching them for a few minutes can be immensely therapeutic. There are some excellent apps and sites to help you name any species you don't already know or even play a game: identifying bird song, like bird song bingo!

**4 Feed your feathered friends**

Hang a bird feeder where you can easily see it from a window. Then enjoy the feelgood factor of satisfied avian visitors perching where you can see them. For something more advanced, you could try building a nesting box to fix onto a fence or under a windowsill.

**5 Park your worries**

If you're lucky enough to live within easy travelling distance of a park, you'd benefit from using it. Whether it's to play ball games, get on your bike, walk the dog or just get some fresh air into your lungs, the potential bonuses for mental health are enormous.

**6 Art and soul**

Younger children will enjoy drawing or painting animals or nature scenes, or writing a poem or song lyrics about nature. For extra art or crafting fun, you could collect natural materials – leaves, feathers, tree bark or seeds, for example – to use in your creations.

### Meet Our Expert

Anna Bateman 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.



Sources: <https://nhf.org.uk/coronavirus-19/covid-19-need-nature-now-more-ever> | <https://www.nationalgeographic.com/magazine/article/call-to-wild> | 'Mental Health and Nature', Mind, 2018



[www.nationalonlinesafety.com](http://www.nationalonlinesafety.com)



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