



"Learning that lasts a lifetime"

Newsletter

HEAD'S BLOG

To every parent and carer, at home and at work,

It's fair to say, it's been hard this week, hasn't it? And with the announcement on Wednesday that schools will not be opening after half-term as we'd hoped, things might feel even harder! A number of us here are parents too and we feel your pain! We're all feeling the strain of juggling work, home learning and just getting through a global pandemic. This lockdown definitely seems tougher – the weather is against us and we all need to support each other as best we can.

I just want to say that you're doing brilliantly, even though it might not seem like it at times. If you've got by with serving up microwave meals, stayed up later than usual, played too much Xbox, not finished all the school work, not been your usual organised self, it's OKAY!

The most important thing is that you are there for your children, that they feel loved and cared for – that's THE most important thing. We know we have high expectations and it may seem like a lot of work is set each week. Some of you may find it just right, some may find it just too much. All we ask is that you do your best. If your best is some reading and times tables some days that's okay. But if you're struggling, then let us know. Please do not put more pressure on yourselves; everyone's circumstances are different and we recognise that.

Please remember that although many of our pupils are not in school, we are still here for you all. If you have a problem or just need a chat, we are here for you. Reach out if you need to!

This week, I've been inspired by listening to Andy Wolfe, the Church of England's Deputy Chief Education Officer, who shared the following Bible quote (2 Corinthians 4.8):

It may seem, especially at the moment, that things are just far too difficult but this reminded me that yes, things are tough, but there is still hope and we can do this!

I've thought of my own versions... We are isolated, but not alone. We are frustrated, but not defeated. We are shut in, but not shut down.

We are
hard pressed on every side, but not crushed;
perplexed, but not in despair;
persecuted, but not abandoned;
struck down but not destroyed.

When you're having a bad day, try coming up with your own versions – it may help. It helped me!

It's mental health awareness week next week (more on that over the page) and it's certainly a time when we all need to tend to our own mental health and that of our children. Please be gentle and kind to yourself!

Ms Carmichael



Parent Forum In the Autumn term we ran an online suggestion box in place of our usual parent forum. This provided an excellent and easy-to-access platform for parents to share their concerns or ask questions, just as you would be able to do during our usual face-to-face forums. Of course, this does enable anyone to contribute at any time too!

We are opening up another 'Parent Forum' suggestion box. Please feel free to access this at any time and responses will be posted to our newsletter. Click [here](#) to access.

NOTICES

Mental Health Awareness

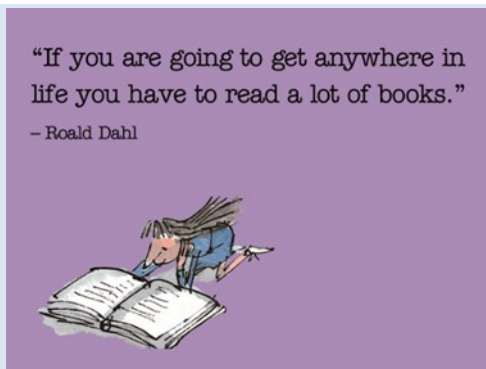
Next week is Mental health awareness week and we are taking part in Now and Beyond's Inside Out day to mark the occasion. We will be sharing lessons and activities to encourage children to think about what mental health is and how they can look after their own and others'. The message is that we can't see what's going on inside and to be kind. So to remind children of the day and to promote kindness to one another, we are asking them to wear an item of clothing inside out. You can do this if you're at home too!



Remote education parent survey feedback

Following our parent survey, we have reviewed parents' comments and suggestions. Teachers will be implementing some tweaks to the lessons and activities provided to include more creative and practical activities, some more content delivered by our teachers and more personal feedback. In addition, we are trialling live online sessions with some small groups of pupils next week. The overwhelming majority of parents felt that live lessons weren't the preferred option and pre-recorded lessons provide flexibility; however we do recognise some variety would be welcome!

We are hoping that if our trial sessions go well, we may soon be able to roll out some online meetings with groups of children and teachers – watch this space!



Reading during Lockdown

We all know how important reading is and so we would like to encourage you to continue with 20 minutes' reading at least four times a week whenever possible. It's been lovely to see photos of children reading their reading books! If your child has finished their reading book, then please let their class teacher know and they will suggest a suitable book, which will probably be accessible via an online link. In KS2, it will be unlikely that this is a whole book, but might be the opening chapters of a book. If you are interested in

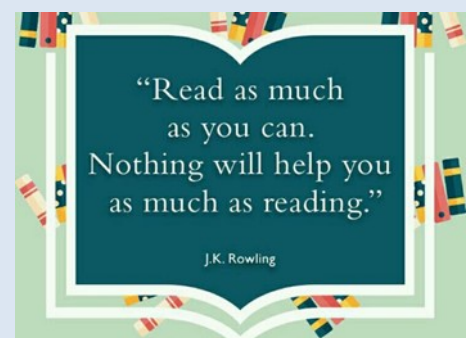
purchasing a book for your child to read, please message your class teacher who will be happy to make some recommendations. The local library is also open for book collection only.

Reading to your class teacher

Class teachers will be messaging a couple of children each week to ask them to video themselves reading their reading book aloud for a minute or two and to share this via Class Dojo. This is an opportunity for children to show off their reading skills and for teachers to give them a little bit of feedback about their reading. Children in the Reception classes have been trialling this approach and it has been very successful.

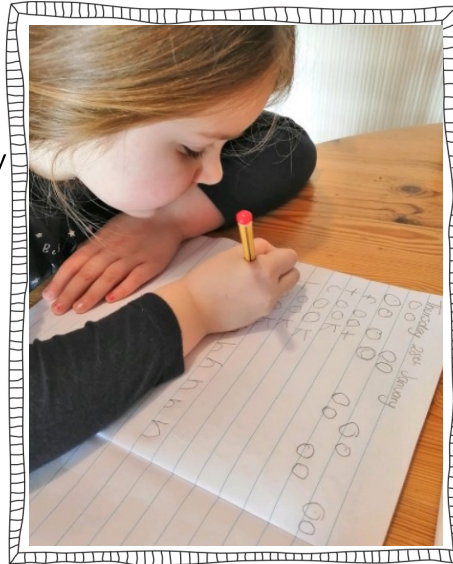
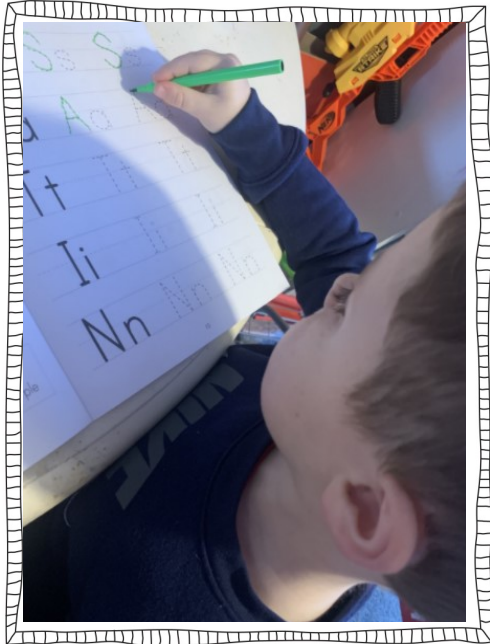
School Weekly Reading Challenge

To keep everyone motivated with reading and to have some fun, we will be setting a weekly reading challenge which will involve both adults and children. This will be sent on your Class Dojo page and we would like to share any photos of the challenge on the whole school Dojo page or in our newsletter, so we can share how children (and adults!) have been getting on with each reading challenge!



Early Years and Key Stage 1 'WOW work'

Our nursery children have been focusing on developing their early letter formation



We've had some super phonics work from our reception children.

A non-fiction text was chosen for some daily reading here.

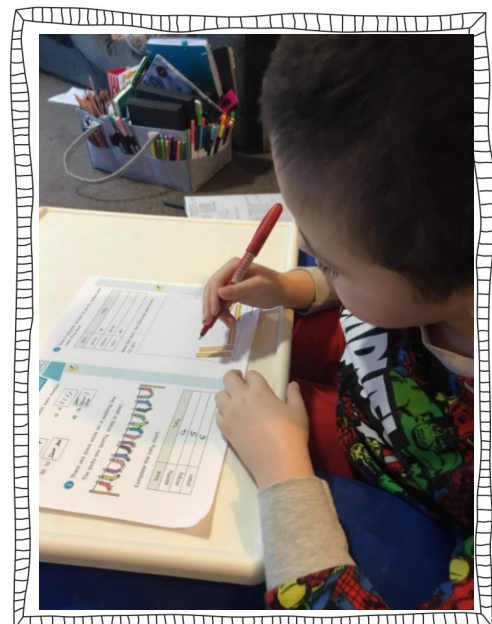


Julia Donaldson's books have been enjoyed in year one this week!



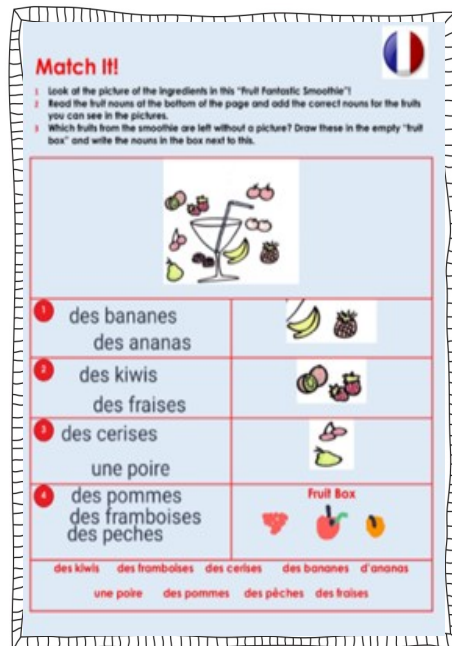
Some AMAZING work was this week exploring where food comes from and how it has changed.

Year two have been working hard solving division problems too.



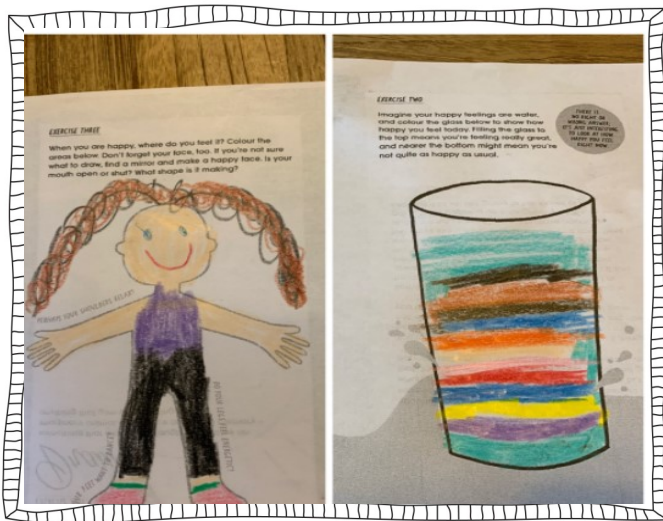
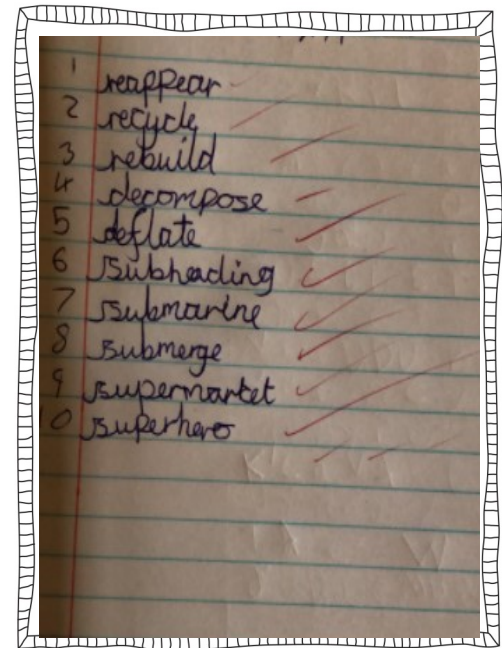
Key Stage Two 'WOW work'

Solving money-related problems in maths this week using real coins to support.



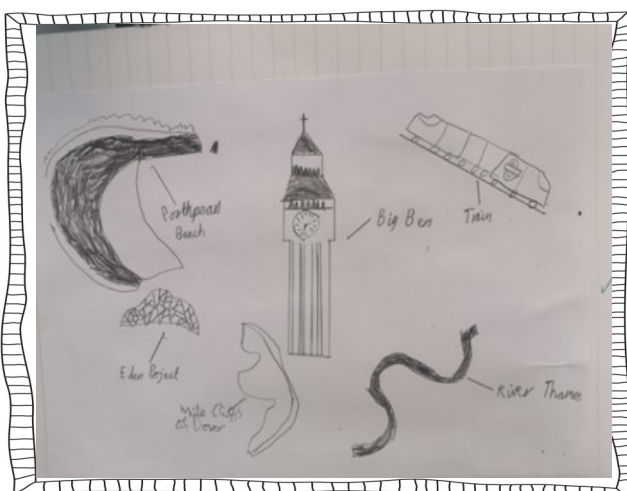
Keeley's fantastic French for this week's home learning - très bon!

Brilliant spelling work, Alanna!



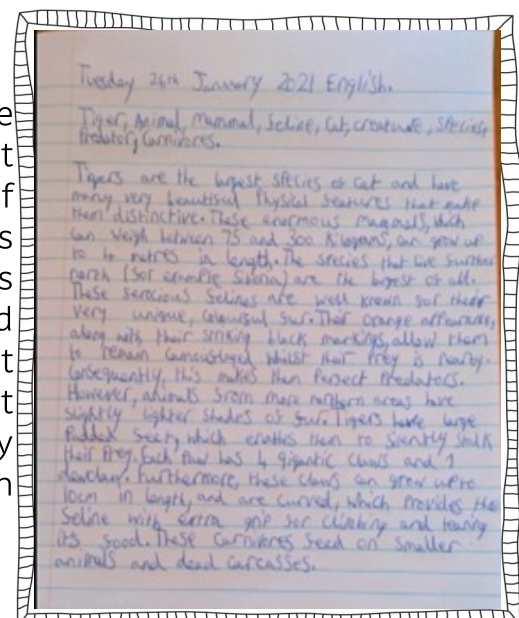
It's great to see you all enjoying your daily exercise and a bit of vitamin D too!

Year 3 engaged in a health and wellbeing happiness activity this week.



Harry's poster showcasing physical and human features of England.

Jamie's incredible paragraph all about the appearance of tigers. He has included all items from his toolkit and has really thought about using subject specific vocabulary to sound like an expert.



This week's Achievers

BBeebies

Lyla

For fantastic phonics work this week!

Rainbows

Oscar and George

You have both been working really hard at home practising your reading!

Stars

Thaddeus

Miss Burr is SO impressed with your perseverance with your reading

Year 1

Tegen

You have amazed us with your commitment and creative engagement with this week's home learning tasks.

Year 2

Lauren

For working really hard on your English and maths. I am super impressed with your effort.

Year 3

Louise

Louise for putting in extra effort with all of her learning this week. Très bien with your French work too!

Year 4

Ben

For always showing 100% in his home learning!

Year 5

Dylan

For amazing home learning - so impressed with all of the effort you are putting in!

Year 6

Jamie

For a fantastic start to your non-chronological report.

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/carers 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.

PARENT SUPPORT



Would you like to learn ways to help your children to better manage their emotions?

This week I have been lucky enough to engage with some Emotion Coaching training and thought I'd share with you some food for thought.

Emotion coaching enables children to manage their own feelings and behaviour through helping them to understand the different emotions they experience, why they occur, and how to respond to them.

When supporting children to manage their emotions it really helps to have an understanding of what exactly happens in our brains when we 'flip our lid' and this short video, which I have shared with many families, really helps to explain the brain science! [Dr Daniel Siegel presenting a Hand Model of the Brain - YouTube](#)

A video that I often advocate for parents to watch with their children can be found here [Why Do We Lose Control of Our Emotions? - YouTube](#)

To support our children with their emotions we need to be very aware of our own responses to situations. At any 1 time we tend to fall into 1 of 4 camps...

Disapproving style	Dismissing Style	Laissez-faire style	Emotion Coaching style
High guidance – low empathy	Low guidance – low empathy	Low guidance – high empathy	High guidance - high empathy
Authoritarian	Treats child's feelings as trivial	Adult might be overwhelmed by child and feels helpless, stressed, and afraid	Accepting negative emotions as normal and values the child's negative emotions as an opportunity for building connection and trusting relationships
Critical parent	Wants the child's negative emotions to disappear quickly, might try to make things better	Does not help the child solve problems, offers little guidance on behaviour	Uses moments of challenging behaviour as opportunities for teaching
Often motivated by need to control and regain power	Reduces and minimises "It's no big deal"	Child's behaviour is likely to escalate	Uses emotional moments as a time to listen to the child

Once we understand our usual 'response style' and have a better awareness of our own emotions in a given situation we are far more able to respond with empathy to our children who (in that moment) are having a difficult time.

Have you seen the movie Inside Out? Here's a great example of how two different response styles can have very different outcomes. Have a quick watch to see how 'sadness' pitches things just right when comforting 'Bing Bong'.

[Inside Out Sadness comforts Bing Bong - YouTube](#)

PARENT SUPPORT

To be a good 'emotion coach' for our children we need to remember 5 steps:

5) Be aware of your own emotions as well as your child's

4) Validate your child's emotions by helping them to name them



2) Recognise and empathise with your child

3) Connect before you correct – Set limits by stating the boundary

1) Empower children and support them to reflect

What is the Covid Winter Grant scheme?

To help you and help support "Stay at Home" guidance we can help with staying warm - help pay for household energy (heating oil, LPG, gas, electric, solid fuel, wood or coal) and other relevant essential household items.

Community Energy Plus have said that

"Help is targeted to householders living in any property tenure on low incomes (less than £30k after housing and energy costs) who are in economic hardship due to COVID-19 and living in cold homes."

[Winter grant application- CEP \(cornwall.gov.uk\)](https://www.cornwall.gov.uk/winter-grant-application-cep)

if anyone would like support to fill out the form please do get in touch so that we can link you up with someone who can help. Text Terri-Anne on 07903 613074.

Alternatively you can contact advice@cep.org.uk or Freephone 0800 954 1956

Cornwall Council say:

"Many residents we are working with are facing financial hardship due to the impact of the pandemic and many are struggling to put food on the table, stay warm, and buy essentials.

The Covid Winter Grant can be used to provide financial help to any households we are working with who are facing financial hardship and who would benefit from support with things like:

- Energy and water bills for household purposes (including drinking, washing, cooking, central heating, and sanitary purposes) and sewerage.
- Other essentials (including sanitary products, warm clothing, soap, blankets, boiler service/repair, purchase of equipment including fridges, freezers, ovens, etc.)

The Energy Element of the scheme – provided through Community Energy Plus

They are able to provide the following practical help:

- Pre-pay energy meter vouchers
- Payments to energy suppliers
- Deliveries of heating oil, bottled or bulk LPG and firewood
- Heating repairs
- Heated blankets
- Emergency plug-in radiators

Applicants will also benefit from advice to help reduce their energy bills, including tariff switching, claiming the £140 discount from their energy supplier, access to grants for heating and insulation upgrades and referral/signposting to other partners for wider assistance and advice.

ONLINE SAFETY

With children currently spending more time playing games online, or chatting online with their friends, it's worth sharing some information and tips on preventing, or dealing with online bullying and harassment. We hope you find this guide useful.

Cyberbullying and online harassment

Cyberbullying and online harassment can be extremely distressing. They can be classed as criminal offences but there is lots of help available to support you.

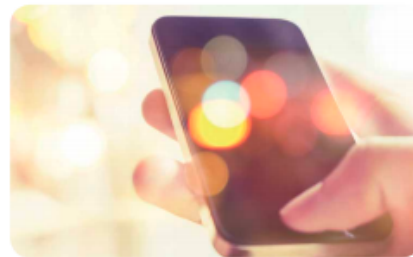
Tips to stay safe online

Think before you post - when posting or commenting on the internet, consider what you say and what effect this may have. Never post comments that are abusive or may cause offence to others.

Keep personal information personal - do not say anything or publish pictures that might later cause you or someone else embarrassment. Be aware of what friends post about you, or reply to your posts, particularly about your personal details and activities.

Make the most of privacy settings - keep your profiles closed, allowing access only to your chosen friends and family.

Report cyberbullying to internet service providers - lots of content on social media that is offensive or upsetting is not necessarily a criminal offence. However, cyberbullying often violates the terms and conditions established by social media sites and internet service providers. Report cyberbullying to the social media site so they can take action against users abusing the terms of service.



Social media help sections can show you how to block users and change settings to control who can contact you. You can get advice and support on using the following social media sites including the ability to report content to them.

Facebook - facebook.com
Twitter - twitter.com
Instagram - instagram.com
LinkedIn - linkedin.com
Google+ - google.com
YouTube - youtube.com
Pinterest - pinterest.com
Tumblr - tumblr.com
Snapchat - snapchat.com

If you believe that you are the victim of an offence, always keep a record of the content, by taking a screenshot, for example. If you are worried that your child or a loved one might be the victim of cyberbullying here are some signs to look out for:

- Low self-esteem.
- Withdrawal from family and spending a lot of time alone.
- Reluctance to let parents or other family members anywhere near their mobiles, laptops etc.
- Finding excuses to stay away from school or work including school refusal.

For further signs and advice visit bullying.co.uk

Advice for parents and guardians

The internet can be a valuable resource for children, allowing them to connect with friends and learn new things. But there are also risks when going online, and children can be particularly vulnerable. Talking to your child is one of the best ways to keep them safe online.

By understanding the risks and keeping yourself up-to-date on the latest technology, websites and social networks you can help your child enjoy the internet safely and securely.

For further help and advice, please click on the links to our partners websites, where you will find additional help and support. We are proud to be working alongside a range of charities on this important subject.

NSPCC nspcc.org.uk
BullyingUK bullying.co.uk
mumsnet mumsnet.com
kooth kooth.com
Internet Matters internetmatters.org
Kidscape kidscape.org

Help protect your children online

- Keep computers and games consoles in family rooms where you can monitor activity. Also make sure the games your child plays online are age appropriate.
- Install parental control software or activate parental controls through your internet to prevent access to inappropriate content.
- 'Friend' or 'follow' your child on social networking sites, so you can see how they are using them.
- Check they are old enough to join any websites or social networks with age restrictions.
- Advise your child not to post personal information or any images they wouldn't want everyone to see.
- Avoid using webcams unless talking to close friends or family. Consider covering your webcam when it's not in use.
- Monitor your children's internet usage, and be watchful for any secretive behaviour.
- Encourage your child to be open about what they do online and who they talk to.

Further advice is available for parents and carers of children at gov.uk



Advice for schools

Advice by the Department for Education:

Preventing and tackling bullying

Advice for headteachers, staff and governing bodies can be viewed at gov.uk

Cyberbullying Advice for headteachers and school staff gov.uk

What can the police do?

If we consider a message or post to be potentially criminal, we will take appropriate action. This could involve arresting the person responsible or interviewing them under caution. Cases involving sustained abuse or where someone's life is threatened will be treated seriously.

We will look at all of the circumstances when considering the best response to a report of cyber bullying. We will assess how vulnerable the victim is and what resources are required to trace the offender via social networking sites, which often operate abroad and to different legislation. In certain cases it may be difficult to take action if the offender isn't in the UK.

We will work with the victim to bring about the most suitable and proportionate conclusion. This could include alternative options that include the officer in the case using their discretion and working with the offender to record an apology to the victim.