



HEAD'S BLOG

We are so looking forward to seeing you all back at school on Monday! Staff can't wait to get back to what they know and love best—teaching face to face! They will also ensure time is allowed for social interaction and will build up learning time slowly. If you have any last-minute worries, please drop your class teacher a quick message on Dojo.

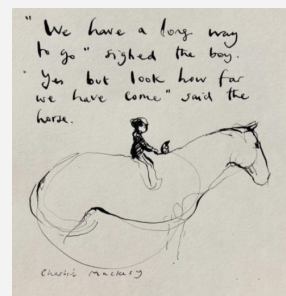
If you haven't read the Parent Guide, please click [here](#). It is worth reading to remind yourselves of how we can all work together to ensure a safe return and, hopefully, remain open to all pupils. It's your port of call to all the information you should need to be ready for Monday.

Please can I share a few reminders:

- Please wear masks around school grounds
- Please keep 2m distance from all other adults and children
- Please drop your children, leave the premises straight away and avoid gathering for a chat on the pavements around school
- Please remember there are no visitors into school. Contact with our teachers, teaching assistants and office staff should be via Class Dojo or via a telephone call
- Please remain 2m away from school staff at gates
- Please stick to allocated drop-off and collection times to avoid congestion in the mornings and after school. Siblings can be dropped off and collected at their earlier and later times. See reminder on next page!

Please have a restful weekend with early nights so children are ready for action on Monday. They will, no doubt, be a bit tired next week as they get used to school routines and the excitement of seeing their friends!

Ms Carmichael



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.

The Department of Health and Social Care announced that from Monday, 1st March, households with primary school, secondary school and college age children, including childcare and support bubbles, can test themselves twice every week at home as schools return from Monday 8 March. Households, childcare and support bubbles of primary, secondary and college staff can also be tested. 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>

Schools should not give test kits to parents, carers or household members. A letter containing advice on where to access testing will be made available for schools to share shortly.

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.

Dates for your diary

2020/21 Spring Term Diary Dates:

Thurs 1st April 2021—Last day of term, no after school club

Fri 2nd Apr 2021-Fri 16th April 2021—Easter holidays

Mon 3rd May 2021—Bank Holiday

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

Fri 11th June 2021—Inset day

Important information

Parent Arrangements for Drop Off and Collection

Parents and carers are requested to wear face coverings when on and around the school site and follow national guidance for the wearing and storage of masks. Primary pupils are not required to wear face coverings.

Drop-off times and locations

	EYFS	KS1	Main car park
8.30	Nursery / Stars	Doves	Pelicans
8.45	Rainbows	Fish	Hope
9.00		Lambs & Angels	Phoenix
9.15		Peacocks	Faith
12.15	Nursery		

Collection times and locations

	EYFS	KS1	Main car park
11.30	Nursery		
2.45	Stars	Doves	Pelicans
3.00	Rainbows	Fish	Hope
3.15	Nursery	Lambs & Angels	Phoenix
3.30		Peacocks	Faith

Please note revised drop-off and collection times for EYFS classes.

In September there was a big increase in the number of children car sharing on the school run.

Cornwall Council have prepared this advice ahead of the full reopening of school on Monday.

Car sharing on school run

At this time please **avoid car sharing**, but if you have to, please follow these simple steps.



Wear face coverings



Sit as far apart as possible



Share with the same small group only



Keep windows open



Wash hands or use sanitisers before and after

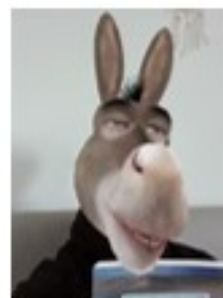


Clean the car after every journey

WORLD BOOK DAY 2021



Thank you so much for your participation in yesterday's World Book Day; it would seem that everyone had lots of fun as we celebrated books. We all enjoyed hearing teachers read 'What We'll Build' by Oliver Jeffers and designing and building all kinds of homes, buildings and futures; it was lovely to think about our futures and how, in the very near future, we will all be back together again!



The teachers and teaching assistants had great fun being masked readers and it seems that everyone at home and at school, really enjoyed guessing who was behind the mask. If you haven't had a guess, then you can still see the videos on the school story on dojo. Just in case you didn't know, Mr Deadman had the greatest number of likes, with Mr. Nicholas and Miss Nagy coming in close joint second. Thank you for liking the videos and joining in. We've had lots of positive comments about the day which we really appreciate. We've shared some of them here.



We have loved this so much.

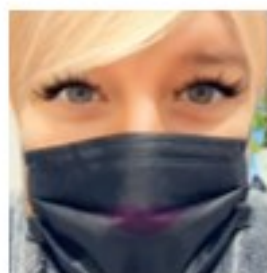
Brilliant. We've loved this!

My favourite book as well. We love the idea of finding another world in a wardrobe.



We got 8 right – well done teachers for a fun day.

We had lots of fun! Thank you. We got 8 right.



BRITISH SCIENCE WEEK

British Science Week 2021

Hi everyone,

Next week is British Science Week and we will be celebrating this in school. As part of the week we will be holding a poster competition. This year the science week theme is 'Innovating for the future'. The poster should be about them thinking about a change they would like to make in the world and how they might do this. Here are some useful tips for researching your poster:

Research your poster

Investigate and imagine 'Innovating for the future' and everything that makes it special. Here are some topic ideas to get you started:

- 1 Think about your own innovation – from inventing your own toy that you want to share with your friends to a useful machine that will help your family or the whole world! How will it change the ways of play, sports and leisure, entertainment, communications, work, or even school?
- 2 Feeling futuristic and global? Why not think about an innovation – new ideas, inventions, products or services we have never heard before that would make the world a better place?
- 3 Do you know someone who is an awesome innovator? Try to showcase their innovations and reflect on how this person's innovations impacted the lives of many.
- 4 Everyday innovations can be easily overlooked. Identify common innovations that you use daily and give a thought on how your life would be without them.

Once you have completed your poster please send a photo to your class teacher who will pass them onto me (Mrs Lowe). I will be judging them and picking the top 5 ideas to enter into the national poster competition for a chance to win a prize. There will also be a prize from me for the poster I think shows the best innovation for the future.

Please send in your entries by the end of the week.

Thanks

Mrs Lowe

This week's Achievers

BBeebies

Elise

For going above and beyond in home learning. You've done so much and we're really impressed!

Rainbows

Riley

For his resilience and perseverance with his learning. He is now able to recognise lots of sounds and is working really hard to read words!

Stars

Liam S

For making such great phonics progress and reading words in his head—brilliant!

Year 1

Kaiser

For really working hard and focussing on all tasks—we are so impressed!

Year 2

Ilah-Mae

For working her socks off throughout the whole lockdown.

Year 3

Connor F

For his incredible 'panda house', including reasons for his design.

Year 4

Reuben

For being incredibly creative on World Book Day as well as being a great team-player! Fantastic!

Year 5

Clara

For showing an incredible determination and commitment to all areas of home learning and for producing a great informative video linked to our Science learning. Well done!

Year 6

Jacob

For creative ideas and offering fantastic contributions during World Book Day.

PARENT SUPPORT

time to talk

Session 1 What did we talk about?

We agreed a safe confidential space where parents can open up to each other if they want to.

We identified a couple of common topics that we'd like to address such as dealing with 'explosive' moments and managing more confidently when it feels like people are watching.

We started getting to know each other and shared something that had made us smile recently. Funnily enough everybody shared something really 'simple' and they were all linked to their children and playfulness in the sunshine!

We began exploring how we feel when we are handling 'challenging' moments with our children (particularly when there are onlookers present);

Examples included getting hot and bothered, sweaty and flushed and as though we want to run away and hide. We also discussed unhelpful thoughts that we commonly have like worrying about what others think... 'Mind reading'!

We began thinking about what 'warning signs' our children give us and how they physically present just before or during an 'outburst';

Examples included, face changes, hands clench, inappropriate language, dropping to the floor, running away or hiding

Together we reflected over the impact the 'challenging moments' can have on us as parents. We talked about how upsetting and frustrating it can be and that at times we can get annoyed. Some parents recognised that it can make them feel 'not good enough'

We remembered that ALL BEHAVIOUR IS COMMUNICATING 'SOMETHING' and that it is our job as parents to play 'detective' and work out what is going on beyond the presented behaviour. We began a list of ideas which included, frustration, fear, pain, tiredness, being 'wired' or over stimulated, needing attention, embarrassment or hunger. Everybody seemed able to connect with the idea of how it feels to be 'HANGRY'!

Very gently we started to consider things that can help us to manage (particularly when there is an 'audience').

Staying focussed on 'just today' instead of worrying about the future

The kill them with kindness technique

Remembering that our child NEEDS us to 'hold it together'

Practising some positive 'self-talk' (in a mirror) that helps us to remember that we are 'good enough'

Self-care – because our job as parents is draining!

PARENT SUPPORT



CORNWALL COUNCIL
Adult Education



Locally led learning

- Are you aged 19+?
- Are you currently not working?
- Do you live in and around **Saltash, Torpoint, Liskeard, Looe, Callington or St Austell?**

If you have answered yes to these questions, then we want to hear from you.

We are now delivering an ESF funded project called **Locally Led Learning**. Our aim is to encourage, support and enthuse individuals back into learning or work by improving confidence and skills.

Our Learner Led sessions are running face to face and online and aim to meet individuals' interests. Current sessions include:

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

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**



Building Business
Inspiring People



European Union
Social Fund



Feeling Anxious about Coronavirus?



In these uncertain times, we are all feeling a certain amount of anxiety and worry around the coronavirus. This is a totally normal reaction to a difficult situation however, this anxiety can become a problem when it's stopping you from doing and enjoying certain things. Here are some helpful things you can do to help reduce your anxiety.

challenge unhelpful thoughts

Having lots of negative or unhelpful thoughts about the coronavirus can make us feel even more anxious, worried or distressed.

Are you making predictions?

I'm making predictions about the future even though I have no way of knowing what will actually happen.

Are you making judgements?

I'm making judgements about the coronavirus which aren't based on facts or evidence.

Are you catastrophising?

I keep thinking about the worst possible outcomes.

If you notice these unhelpful thoughts, try to challenge them and change them to something more positive. Ask yourself, are my thoughts actually based on any real facts? If not, then your thoughts are probably untrue!

do more to feel better

It might be difficult to do a lot of things that would usually help you feel happy and calm but there are still things you should try and **do** which can help you **feel better**. **Don't** just do nothing.

- Go for a walk/jog.
- Read a book.
- Watch your favourite movie/TV show.
- Do some yoga.
- Draw or create something.
- Make a healthy meal.
- Play a game.
- Listen to music.
- Take a relaxing bath.
- Video call friends /family.
- Or create your own list...

reduce your anxiety

Reduce the time you spend on social media/listening to the news.

Talk about how you feel with friends/family.

Only listen to the facts - don't listen to those spreading fear.

Keep to a routine as much as possible.



@WeHeartCBT



Keep Calm and Follow Official Advice

www.weheartcbt.com

OTHER NOTICES

Can you help?



We would love to have a reading shed – a comfortable and sheltered place outside for children to read. If you know of anyone who is looking to replace or no longer wants their shed, we might be interested. It would need to be in reasonable condition and would need to be relatively big – 8ft x 10ft or thereabouts.

Please can you contact the school office, if you think you can help us.



What Parents & Carers Need to Know About

SIGNAL

12+
App Store
Rating

Signal is a multimedia messaging service (previously known as TextSecure) which provides secure chats between users. It is encrypted, so any intercepted communication cannot be read by attackers. Users can send one-to-one messages or set up group chats. The service is free, has no adverts and doesn't track users' location like many other messaging platforms. The app experienced a popularity boom in early 2021 as large numbers of users left WhatsApp over perceived privacy issues.

Disappearing Messages

Messages on Signal can be set to disappear (from both the sender and the recipient's devices) a specified time after they are first opened – potentially as little as five seconds. So it is difficult to monitor the app and see what your child is talking about. Should someone behave inappropriately towards them, unless they record evidence instantly there is no way to prove what has happened – making it difficult to take the proper action.

Risk of Screenshotting

Because messages can be set to disappear on Signal, some young people assume that nobody else will ever see them and let their guard down as a result. But a recipient could still capture a screenshot of your child's message before it vanishes from their device. This screenshot – which might be of something inappropriate or deeply personal – can then be shared with others or even made public on the internet.

False Sense of Security

The feeling of total privacy and security within the app can make young people feel like they are invulnerable – and possibly that they could get away with behaving in ways they normally wouldn't. This behaviour could range from the harmful (such as participating in cyber bullying or sharing age-inappropriate images or videos) to the extremely dangerous: perhaps chatting to strangers, who might potentially be predators.

Vulnerability to Hackers

Like virtually any piece of software, Signal has been shown to have flaws in its security. One hacker was able to make a call to a target device using the app and could then listen in on the victim through their phone – without needing them to even answer the call. Afterwards, the hacked user was completely unaware that the eavesdropping had taken place.

Advice for Parents & Carers

Gather Any Evidence Quickly

If your children are old enough to use Signal, they will likely already know how to take a quick screenshot on their phone. It's best to confirm this with them, however, because if they're sent something inappropriate or offensive, they will only have a very short opportunity to screenshot it as evidence of misconduct before the message disappears. Once they've captured the screenshot, they should then come to you or another trusted adult.

Talk about Online Bullying

Before your child downloads Signal, have an open discussion about the potential risks of this app and others like it. Ensure your child is aware of the possibility of bullying or hurtful messages on such platforms. They should understand that the app makers themselves do not help with investigating incidents – and that it may be difficult to prove someone has done something to upset them.

Think before Sending

The messages a young person sends on Signal don't last forever, but the effects of those messages very well might – for your child and for others. You could suggest to your child that, if they're unsure whether to send a particular message, they should ask themselves if they would be comfortable showing the content to you. And if they wouldn't, should they really be sending it at all?

Stay Updated

It's wise to make sure your child knows how to keep their software up to date by downloading the latest version. Developers will often release software updates that (as well as occasionally adding new features or improving functionality, etc.) help to fix any security flaws and stop hackers from exploiting possible weak points in the app.

Consider Online Reputation

Talk to your child about the implications if a message they sent was made public without their consent. Remind them that once an image (for example) is out there, there's no way to control what happens to it or erase every single copy. It's a good way to get young people to start considering how their digital footprint might have repercussions on their future prospects.

Meet Our Expert

Emma Davis is a cyber security expert and former ICT teacher. She delivers cyber awareness training to organisations nationally and has extensive knowledge and experience of managing how children access services and apps online.



Source: <https://emmao.co.uk/signal-app/>, <https://www.signal.org>

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