

St Day and Carharrack Newsletter

Self-belief, Determination and Courage

15th May 2020 – School closed Issue 6

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Dear Families

Very aptly, it is 'Mental Health Awareness Week' – a great opportunity to discuss the importance of well-being for everyone in your family and making time to listen. With the release of information about the re-opening of schools from the government, this is proving to be a challenging time for many adults and especially our children. Please take this opportunity to visit our website where we have a range of resources to support everyone's well-being at this time. Listening to our children's worries helps them to process their feelings which are so mixed at this time and gives us an understanding of why they may be behaving differently. Staff are undergoing top-up training in the TIS (Trauma Informed Schools) approach and forest schools so we can be fully prepared to support everyone as we begin to re-open. A big focus for us will be on being 'playful' and outdoor learning.



Our school virtue of **UNITY** sits nicely alongside **KINDNESS**, which is being promoted by the Mental Health Foundation. This is something our children are brilliant at showing! Let's hold onto this as everyone readjusts to the challenges ahead. We hope to be able to give some workable solutions to support everyone and respect the unique circumstances and decisions of every family including the families of staff members.

KINDNESS AND MENTAL HEALTH

Protecting our mental health is going to be central to us coping with and recovering from the coronavirus pandemic. We know from the research that kindness and our mental health are deeply connected. Kindness creates a sense of belonging. It helps reduce stress, brings a fresh perspective and deepens friendships. Share your stories of kindness on our twitter feed. How do you think we could build a kinder community – particularly for our children?

A TREE PLANTED FOR EVERY CHILD!



Many thanks to Rebecca and Sandy who were left with the task of planting all of our trees on a warm sunny day last month. This was an exciting day we had planned for the whole school just before lockdown. On our return to school, we will hold a special 'tree care' and outdoor learning day to make up for this lost opportunity. The trees planted included:

hazel, blackthorn, hawthorn and rowan – they all look super healthy!



REMEMBER TO BE 'PLAYFUL' – switch off the news and take our baby quiz!

Who's that baby?
Can you guess the member
of staff in each photo.



Match the names to the photo
Mrs Vallance, Mrs Hicks, Miss Peters, Mrs Cornell,
Mrs Clark, Mrs Salter, Mrs Hooper, Miss Pooley, Miss Sellwood

Send your answers to
msalter@st-day.cornwall.sch.uk

CELEBRATING OUR CHILDREN AND NEW CHALLENGES

Get involved with random acts of kindness

- Call a friend that you haven't spoken to for a while
- Tell a family member how much you love and appreciate them
- Make a cup of tea for someone you live with
- Help with a household chore at home
- Arrange to watch a film at the same time as a friend and video call
- Tell someone you know that you are proud of them
- Tell someone you know why you are thankful for them
- Send a happy text to a friend who is struggling
- Send someone a joke to cheer them up
- Send someone you know a picture of a cute animal
- Send an inspirational quote to a friend
- Send an interesting article to a friend
- Contact someone you haven't seen in a while and arrange a phone catch up
- Spend time playing with your pet
- Reach out to call a friend or neighbour who is experiencing loneliness or self-isolation
- Lend your ear – call a colleague and ask how they're finding the change in routine
- Offer support to vulnerable neighbours

Where's Wally Competition.



Wow well done to you all.
So many of you sent in to
say that you had found Wally.

We hope you had fun finding him!

We have picked a winner from
all the entries and the winner
is

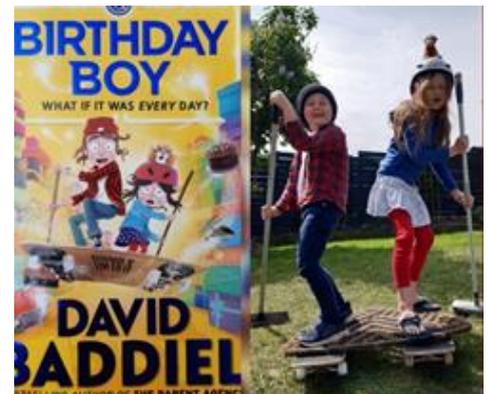
Jacob Ducker



Can you re-create
your own front
cover from a
favourite book?

We would love to
see your creations!

£10 Book Voucher
Prize



Public Health England have developed explicit guidance on mental health in the crisis. If you want to develop a personalised plan for supporting your mental health, you can also visit the PHE [Every Mind Matters site](#), developed in collaboration with the Mental Health Foundation.

If you need to talk confidentially you can call Samaritans on 116 123 at any time. Here is a resource on [how to get help for your mental health](#)

Wishing you all a safe and happy week ahead. With best wishes, Susannah Storey