

St Day and Carharrack Newsletter

Self-belief, Determination and Courage

10th April 2020 – School closed Issue 1

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WHO'S A GOOD EGG?



How have you practised our virtue of **KINDNESS** over Easter? Do you know a good egg in our school community – someone who makes a difference to the lives of others? Did you make a card for someone, call a relative up or help with household chores? Please let us know so we can thank and celebrate all the good eggs on Friday!

VIRTUE OF THE WEEK: 'THANKFULNESS'

Thankfulness is being grateful for what we have. At this time, it is important to remain hopeful and appreciate the little things that happen around you and within you every day. Think positively. See the difficulties of life as opportunities to learn. Thankfulness brings contentment – let us all be grateful for having our families close by and continue to show kindness to each other.

STAYING IN TOUCH...KEEPING YOU UPDATED:

WEBSITE - Please visit our school website for all the latest news and information. All emails sent to you will also be uploaded onto the website under the 'coronavirus' tab.

Under the CORONAVIRUS tab you will find the following links:

- Coronavirus Emails to Parents
- Support for Mental Health and Well-being
- Key Worker & Vulnerable Children
- Support for Pupil Premium
- Coronavirus Letters to Parents

TWITTER – you can follow us by setting up your own account or look at the twitter uploads directly from our website homepage. See the twitter flyer below – we are hoping this can be a place where you can post pictures of learning at home, so we can all stay connected and share new learning experiences.

WEEKLY HEADTEACHER NEWSLETTER - emailed every Friday with our virtue of the week and 'Golden' learner – so please do send in pictures of your children learning at home. In the same way that many of you would drop in for a catch up, if you would like a phone conversation, please book a time for me to call you on a Monday or Friday from school.

WEEKLY CLASS TEACHER NEWSLETTER + NEW LEARNING – emailed every Monday for your child to enjoy and ideas for new learning. Please share pictures through twitter or send directly to the Classteacher through their email. If you cannot access the internet at home, please let us know so we can deliver an offline printed pack to you.

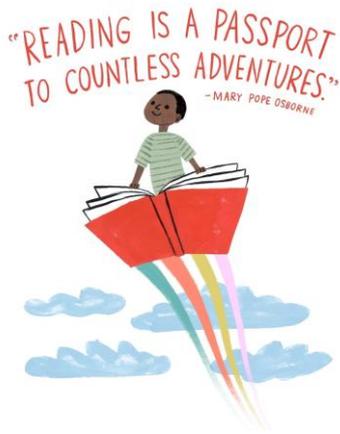
LOOK out on the 20th – if you are missing us, we have a surprise to upload for you!

WEEKLY PHONECALLS and EMAILS– Teachers will be contacting you on a weekly basis – just to say hello to your children, help with any learning and support in any way they can. If you would like a specific day, please email the class teacher and they will try and accommodate your request. Teachers will be replying to school emails and making calls during school hours of 8.55 – 4.00



WHOLE SCHOOL TASK FOR THIS WEEK – a recycled jar of all your wishes

After the lockdown and when you return to school – what are you looking forward to? What are you missing that you never thought you would miss? With the children, we are always talking about how lucky we are to have school and learn together and how we should be thankful for this experience. During this period of reflection, please record the things we take for granted so we can remember to enjoy them when isolation is over.



WHOLE SCHOOL READING CHALLENGE – see the website for Reading BINGO! (under About us – Curriculum – Reading)

Sometimes the simplest ideas are the best

Turn On The Subtitles (TOTS) isn't an organisation. Extensive research across multiple countries has shown us a way to improve children's literacy. It's incredibly simple; just turn on the subtitles!



Keeping children happy and safe online during COVID-19

Make sure whichever device they are on; internet safety is key. Do not leave your child unattended on the internet for long.

<https://www.saferinternet.org.uk/blog/keeping-children-happy-and-safe-online-during-covid-19>

During this period, your children may spend more time on the internet, so I would like to provide some tips on what you can do to ensure your children are safe online:

- Only give your children access to devices that you feel comfortable with
- Talk to your children about why it is important to stay safe online
- Discuss rules for being online
- Discuss what information should be private and what is okay to share
- Keep an open dialogue with your children
- Ensure all devices used by your children are kept in a communal space, or a space where they can be supervised
- Set parental controls on the devices your children use
- Make sure your children know how to 'block' and report unsuitable online material

Please visit our website for additional support and links to a range of sites.

STAYING ACTIVE

Daily activity is important for health, as well as helping manage stress, positive feelings and improving. How have you been staying active? Share your ideas, we would love to know! **Sport England** have launched a new campaign to inspire people to get creative in staying active at home.

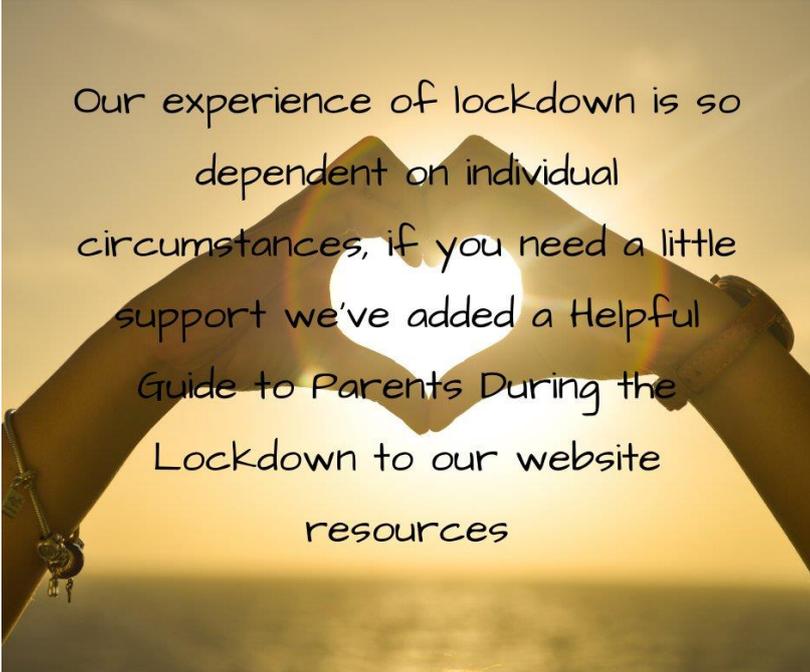
WEBSITES OF THE WEEK: <https://creativestarning.co.uk/>

Come here for wonderful outdoor and nature based ideas which could be part of your daily routine. There are so many brilliant ideas!

**TRAUMA
INFORMED UK
SCHOOLS**TM

TIS: TRAUMA INFORMED

SCHOOL – @TISUK visit their twitter page directly for a 'Helpful Guide to Parents' and lots of TIS ideas to support your children's well-being so they feel truly heard and understood. Understanding the fear around COVID19 and how to manage those feelings.



Our experience of lockdown is so dependent on individual circumstances, if you need a little support we've added a Helpful Guide to Parents During the Lockdown to our website resources

Zoe our [Trainee Education Mental Health Practitioner](#) has put together a range of really great resources to help talk about our emotions and support mental well-being for you and your children during this time. **Please go to our website** - under CORONAVIRUS for all the links.

Cornwall Council – Together for Families – attached document for recommended apps and devices from the Educational Psychologist.

The amazing Axel Scheffler has produced a book about Covid-19 Coronavirus just for children - it's available for every family/child who needs it.



Please see the attached powerpoint from the Children's Commissioner for England – it answers your children's questions and explains the big changes in our lives due to the coronavirus. It is full of creative ideas to fight the boredom and stay busy at home.

Stay hopeful and thankful. Remember every day you stay home, do not make unnecessary journeys and keep to the social distancing rules, you are helping to save lives.

Please keep well and safe. With best wishes to all our children.

Susannah Storey and the St Day and Carharrack Team