



Competitions and Activities Together

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Hello and Key Messages from Kernow Learning

Dear children, we know that you are all experiencing a different type of schooling completely across our Trust. Although it is all looking different for us all, there are some fantastic experiences that we can do together and share together. This newsletter has some great creative ideas for you to take part in and to share with other children within our Trust.

We would like you all to spend quality time with your family, take part in fun experiences together and use this time to get creative!



1 - Here's some good tips on staying healthy whilst at home

E-Safety

As well as having fun and using technology to help you with this, please do not forget the key messages that you have learnt in school about 'E Safety'. Take the time to look at the links below to remind yourself and your family of how to keep safe online.

EYFS and Key Stage 1 -

[Smartie the Penguin](#)

[The Adventures of Kara, Winston and the SMART Crew](#)

[Exploring identity online](#)

Key Stage 2 -

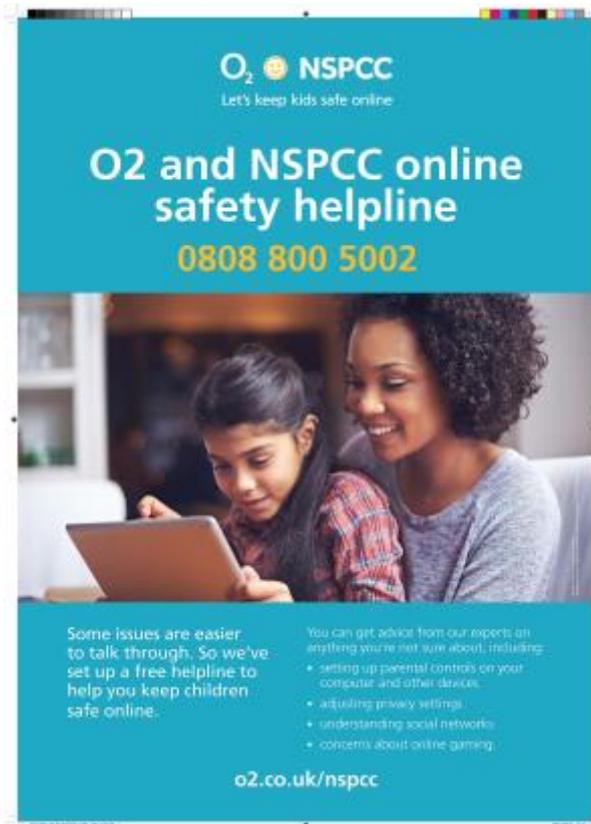
[SMART rules quiz](#)

[Get Answers](#)

[Screen Time and Healthy Balance Quiz](#)

[Helping everyone to report harmful content online](#)

[Managing Parents](#)



O₂ NSPCC
Let's keep kids safe online

O2 and NSPCC online safety helpline

0808 800 5002

Some issues are easier to talk through. So we've set up a free helpline to help you keep children safe online.

You can get advice from our experts on anything you're not sure about, including:

- setting up parental controls on your computer and other devices
- adjusting privacy settings
- understanding social networks
- concerns about online gaming

o2.co.uk/nspcc

Washing your hands regularly and properly is also very important and another way of staying safe. [Click here](#) to watch a video about washing your hands properly.



Competitions and Activities

In this section, we have put together a range of competitions and creative activities for you to take part in.

For each of the competitions or activities below please send them into us either:

- By emailing a scan or photograph of your work to info@kernowlearning.co.uk
- By sending a scan or photograph of your work via Facebook Messenger - search @KLacademytrust
- If you are unable to share your work with us through email and Facebook then please contact the Projects Team by phoning 01637 303106

Please write your name, age and school on all entries.

Kernow Learning Time Capsule

The 2020 Covid-19 pandemic will go down in the history books, but a time capsule will teach people in the future all about what lockdown was really like. Time capsules are containers of some kind which hold a selection of objects, picked because they have a special meaning in the time that we're living in. For example, time capsules have been found from as early as 1872 in the UK with photographs and letters, describing daily events happening that year. Often time capsules are buried underground, beneath floorboards or stone slabs. For example, in 2015 one was buried under the Millennium Dome in London to be opened in 2050.

So how do you create a COVID-19 time capsule? You can follow a template, like the one from this website - <https://www.kiddycharts.com/printables/free-covid-19-time-capsule-worksheets/> or collect photos, objects, newspaper clippings and other things that will help tell your story of this time. If you're burying your time capsule, it's important to use a sturdy container that won't rot or fall apart over time. Especially if you're thinking of burying it in the garden. It also needs to be something that is easily recognisable as valuable by whoever finds it in the future. A box made out of wood, metal or plastic will be mostly waterproof and sturdy enough to maintain its shape over time. Definitely don't make a time capsule container out of a cardboard shoe box! Once you have a suitable container for your objects and have filled it, you can bury your time capsule. Here at Kernow Learning, we would like to bury a time capsule of your pictures, poems, stories or just writing about your life during the lockdown or what you think life will be like in 10, 20 or 100 years time.

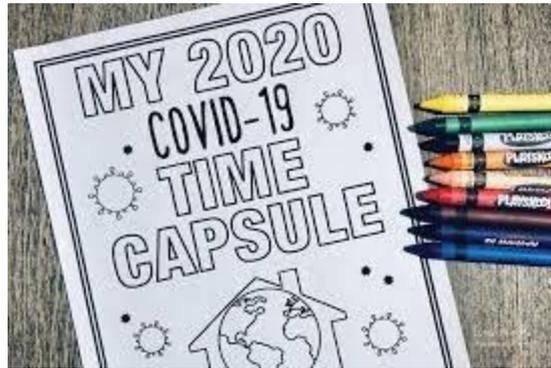
Again, just send us your ideas in one of the ways mentioned above.

Trust Creative Competition

Kernow Learning Trustees would love to see your artwork, you can create a drawing or painting of your own or you can colour in a template like one from this website - <https://www.crayola.com/free-coloring-pages/new-coloring-pages/>. If you have a printed copy of this newsletter then there are 8 of our favourite colouring in sheets from this website attached at the back.

Please send your artwork to us via one of the ways listed above (email, Facebook messenger or another ways as arranged over the telephone) and don't forget to include your name, age and school.

There will be 3 winners, 1 from each age group (Early Years, Key Stage 1 and Key Stage 2), which will be judged by the Trustees at the end of May.



Stories, Poems, Letters to cheer up patients in hospital with COVID-19 The chaplaincy team at the Royal Cornwall Hospitals NHS Trust is calling on people to write letters to patients during their time of need. She was concerned that patients are missing out on time spent with their loved ones and are feeling lonely because visitors are not allowed in the hospital due to the Coronavirus. At Kernow Learning, we think that sending stories, poems and letters with pictures done by our talented and creative pupils would be a really nice way to help people in need during this difficult time.

"It's such a small gesture but it's the little things that make such a huge difference." Sarah, Chaplain at Royal Cornwall Hospital.

Please send your stories, poems and letters to us via one of the ways listed above (email, Facebook messenger or another ways as arranged over the telephone) and we will send them on to Sarah on your behalf. When you send things in, please remember to tell us your name, school and age.



Have fun together, from everyone at Kernow Learning

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