

Hot Chocolate Club!



Every week class teachers will award two children with a hot chocolate club token. The token entitles children to join Mr Tyers on the Friday for hot chocolate and a biscuit. Children are selected for showing impeccable behaviour all week.

This week's club members...

Year 3	Year 4	Year 5	Year 6
Abbie and Archie Chloe and Brody	Riley H and Leo Caitlyn and Maisie Zac and Riley M	Isla and Erin Holly and Sophie Jodie and Summer K	Logan M and Keeley Blake and Lily L

Attendance

Best attendance goes to **Hawthorn with 97.7% attendance!** Extra 'Star Time' coming your way!

Year 3	Year 4	Year 5	Year 6
Juniper: 94.7%	Maple: 94.4%	Holly: 93.6%	Ash: 92.8%
Palm: 97.6%	Cedar: 92.6%	Rowan: 92.2%	Hazel: 93.1%
	Sycamore: 93.4%	Hawthorn: 97.7%	

Vision and Values

We are currently reviewing our school's vision and values and would really like to hear your views. Your input into this is really important to us in developing community relationships and building a school community that is based on values that are meaningful to us all. All you need to do is complete the form (only one question) by following the link below. Thank you to all of you who have already done this through the link we shared on Facebook.

<https://forms.office.com/Pages/ResponsePage.aspx?id=rVOWGVbBBUq60whMGjC2GGKR2iclrLZGgDIQq6zTw7NUMTBOTE5DMzVNQzFZU0I2MDIaT1MxSldDTi4u>

Medical Information

All parents have been emailed an annual medical declaration form. It is really important that you complete this **even if your child does not have a medical condition** as we can't assume a child has no medical issues simply because we have not received a form for them. If you did not receive the form, you can access it here:

<https://forms.office.com/Pages/ResponsePage.aspx?id=rVOWGVbBBUq60whMGjC2GGKR2iclrLZGgDIQq6zTw7NUNDNIWUFYmjNJTOJXV1hUTEpHUVIZMTHMi4u>

PE Kits

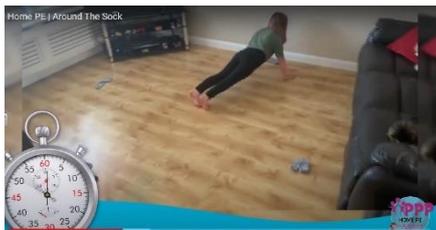
We hope that you are all finding it a little easier now that children are able to wear their PE kits to school on their set PE days rather than bringing their trainers in each day. As a reminder, the PE days for each class are as follows:

Palm - Tuesday and Wednesday
 Juniper - Wednesday and Thursday
 Maple - Monday and Friday
 Cedar - Monday and Friday
 Sycamore - Monday and Friday
 Holly - Tuesday and Thursday
 Rowan - Monday and Friday
 Hawthorn - Tuesday and Thursday
 Ash - Tuesday and Wednesday
 Hazel - Monday and Thursday

Arbor Parent Portal App

Following some parental feedback, we will need to resend Arbor App log in details as the system doesn't seem to be working for everyone. If possible, when you are emailed by Arbor, please log into this and ensure that we have your most up to date contact details. You can update the details yourself via the app. If you are having any problems please let us know.

Staying active at home



This challenge will test your upper body and your core strength. Place 4 socks in a circle around you and see how many quarter turns you can complete in 20 seconds. Can you beat Mr Butler's score of 9? For further details visit <https://www.youtube.com/watch?v=c9lm8Y7koqE>

Looking after yourselves

Here are some ideas for looking after yourselves this month. Remember, **self-care is not selfish**. It is important that we take care of ourselves so that we can take care of others.

ACTION CALENDAR: SELF-CARE SEPTEMBER 2020

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	1 Remember that self-care is not selfish. It's essential	2 Be willing to share how you feel and ask for help when needed	3 Free up time in your diary by cancelling any unnecessary plans	4 Forgive yourself when things go wrong. We all make mistakes	5 Plan a fun or relaxing activity this weekend and make time for it	6 Focus on the basics: eat well, exercise and go to bed on time
7 Remember it's ok not to be ok. We all have difficult days	8 Notice the things you do well today, however small	9 Avoid saying 'I ought to' or 'I should' to yourself	10 Give yourself permission to say No to requests from others	11 Aim to be good enough, rather than perfect	12 Let go of being busy. Allow yourself to take some breaks today	13 Make time today to do something you really enjoy
14 Talk kindly to yourself like you would to someone you love	15 Find a caring, calming phrase to say to yourself when feeling low	16 Notice what you are feeling today, without any judgment	17 Leave positive messages for yourself to see regularly	18 Don't compare how you feel inside to how others appear outside	19 Get active outside and give your mind & body a natural boost	20 No plans day - make time to slow down and be kind to yourself
21 Remind yourself that you are loved and worthy of love	22 Look at photos from a time with happy memories	23 Let go of other people's expectations of you today	24 Ask a trusted friend to tell you what they like about you	25 Release yourself from inner demands and self-criticism	26 Find a new way to use one of your strengths or talents today	27 Take your time. Make space to just breathe and be still
28 Accept your mistakes as a way of helping you make progress	29 Write down three things you appreciate about yourself today	30 You matter. Remember that you are enough, just as you are		Self-care is not selfish. You can't pour from an empty cup		

ACTION FOR HAPPINESS

www.actionforhappiness.org
Keep Calm · Stay Wise · Be Kind

Learn more about this month's theme at www.actionforhappiness.org/self-care-september

Safeguarding

Safeguarding our children is the responsibility of everyone, so if you have a concern please contact the school via telephone or email and ask to speak with a member of the safeguarding team. The safeguarding lead for both Biscovey Nursery & Infants and Biscovey Academy is Mr. Wallbank.

To raise a concern yourself, you can also contact:
 NSPCC 0808 800 5000
 Cornwall Multi Agency Referral Unit 0300 123 1116

If a person has a physical injury, such as a broken leg, it is often obvious and people naturally support and assist with those who are in need. However, increasingly it is mental health that can pose a concern, with the physical signs much less obvious and support sometimes harder to find. With the current concerns around COVID-19, and the related changes in our lives, ensuring the children's mental health is good is even more important.

There are many ways of looking after our children's mental health, including:

- Sleep. A good bedtime routine allows the body and brain to rest and recover.
- Exercise. As the saying goes, a healthy body leads to a healthy mind.
- Socialising. This can be tricky at the moment, but ensuring time to talk with family and friends, even on the phone, can really boost mental health.
- Limited screen time. Particularly in the hour before bedtime, screen usage (including gaming and mobile phones) can negatively impact on mental health.

Of course, these are just a few ideas. The [NHS website](#) has some good advice for supporting a child with their mental health.

Leadership Blog from Mr. Wallbank



The first two weeks of term have flown by, with the summer holidays now a distant memory. I have loved seeing the children return and settle into the new school year, with them quickly getting used to the new rules and restrictions we currently have in place.

One of the joys of being a senior leader in a school is having the opportunity to pop my head into a classroom and share the enthusiasm within each classroom for what they are learning. This week I have been lucky enough to spend some time with year three, getting to know some of the newest members of our school, with each of them eager to speak to me about their learning and

show off what they have done so far.

Amongst my favourite things about working in a school is sharing my enthusiasm for reading with the children, so I have especially enjoyed several children coming to me this week to tell me about some of the books they have chosen. I am particularly jealous of the children in Hazel class, as Mr. Jewell is reading them Cogheart, an absolute favourite of mine that the children are absorbed in and the first in a fantastic series.

A key part of my role in school is overseeing the safeguarding of children. As a parent myself, ensuring that the children in our school are safe, whether in school or at home, is a vital responsibility of all of us and works most effectively when we work together. If you have any concerns about the welfare of a child, please do not hesitate to contact the school office who will pass you onto either myself or another member of the safeguarding team.

Dates for your diary

26.10.20 – 30.10.20	Half Term
18.12.20	Last day of term
04.01.21	INSET
05.01.21	INSET
06.01.21	First day of term
12.02.21	INSET
15.02.21 – 19.02.21	Half Term

Have a wonderful weekend everyone!