



**The Bishops' C of E
Learning Academy**

Weekly Newsletter

Friday 6th March 2020 Spring Term 8 [https://
www.the-bishops.cornwall.sch.uk](https://www.the-bishops.cornwall.sch.uk)
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01637 876317

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Faith to Belong, Believe, Aspire and Achieve

This week's focus: World Book Day!

Yesterday saw the whole school go all out to celebrate World Book Day! Children came dressed in their pyjamas for our 'Bedtime Stories Theme' or dressed as their favourite book character. The morning English lesson for each class was an activity based around our visiting authors. In the afternoon we had our 'Snuggledown'. This involved the children being mixed into different classrooms, which gave the older children an opportunity to read stories to the younger ones, which they all loved.

Our competition 'Book in a Box' proved very popular we had some superb entries, our Head Teacher Mr Richards and Assistant Head Teacher Mrs Hatch loved judging all the entries, they found it very difficult to pick the winners and eventually managed to narrow it down to 14 entries which all received prizes. We would like to say a massive thankyou to our visiting authors Karen Hoyle and Kate Neal, for sharing their time and love of literature with the children, to all of our children for thoroughly embracing World Book Day, and to our wonderful parents and staff for all their support.

The enthusiasm and love of reading really shone through. At Bishops' we work tirelessly to promote the magic of reading and creative writing, so to see the children being so passionate about World Book Day makes us very happy! **From Mrs Roberts**

Book in a Box competition



Thank you for the fantastic support for the Book in a box competition. We were inundated with entries and the boxes have been displayed in our library which has generated some amazing conversations with the children. The overall winner was Jacob Darby in Year 2—as seen here.:



Bible passage of the week:

Matthew 4:1-2

Then Jesus was led up by the Spirit into the wilderness to be tempted by the devil. He fasted for forty days and forty nights, and afterwards he was famished

INSET DAYS 2019/2020

Friday 3rd July

Wednesday 22nd July

Thursday 23rd July

BANK HOLIDAYS

Friday 8th May to commemorate the 75th anniversary of VE Day

Coronavirus Update

With the ongoing concern around Coronavirus, and acknowledging that the threat is very low, we have spoken to the children in assemblies regarding good hygiene habits and allowed more time for them to wash their hands.

See: <https://www.gov.uk/guidance/coronavirus-covid-19-information-for-the-public> for more information.

TERM DATES 2019/2010

Spring Term

24.02.2020 to 27.03.2020

Summer Term

14.04.2020 to 22.05.2020

01.06.2020 to 23.07.2020

Our half termly Christian value:

Forgiveness





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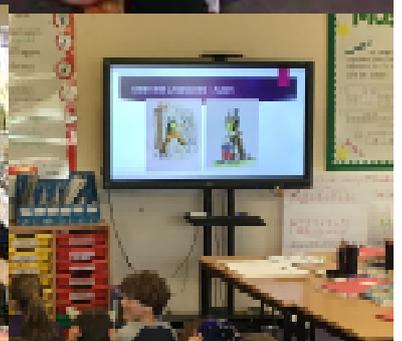
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World Book Day





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Fistral and Towan



Fistral and Towan classes have been helping Supertato this week. We discovered Evil Pea is on the loose in our classrooms and so the children have been making traps and writing messages to help Supertato defeat the Evil Pea. The children are loving this story and have been acting out and retelling it with their friends. We have shared lots of the Supertato stories together.



Dates for your diary

11/03 to 13/03 Y5 London residential

12/03 Y3/4 Football competition

16/03 EYFS Maths stay and play

18/03 Dr Bike in school

20/03 Library visit for Whipsiderry class

W/C 23/03 No after school clubs this week due to parent meetings. Bounce dance and Lounge club on as normal

25/03 & 26/03 parent meetings for Y1 to Y6

27/03 Easter Service at St Michael's Church for Year 1 upwards at 9.30am.

Class Attendance

Whole school attendance is currently 95.4%. This week's attendance award goes to Tolcarne Class with 99.3% attendance.



Porth and Perran

We have been incredibly proud of the children in Porth class for their superb behaviour during our first two swimming sessions and for the perseverance and courage shown by those children who are not yet confident in the water. Thank you also to our wonderful parent helpers, who give up their time to help us walk to and from the swimming pool each week.



Closure of lane

You may have noticed the pedestrian walkway from Happy Days to Tamarisk Lane is closed due to an unsafe wall. Cornwall Council have facilitated this closure and aim to reopen as soon as the wall is made safe or replaced. As this wall is on private property it may take some time.

School ties

We now stock school ties on site. Ties cost £3.50. Please see the school office for more details.



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Harbour and Watergate



This week in Year 2 we have been continuing with our Story Meerkat Mail, taking Sunny on new adventures. In Maths we have been learning all about 2D and 3D shapes and in Science we have continued to look at habitats and lifecycles.

The children really enjoyed looking in the school grounds to see if they could identify any micro habitats, and see if they could find things to make a food chain. Children took the opportunity to discuss their findings using their scientific vocabulary.



At the end of the week it was all things books as we celebrated World Book day. The Author we focused on for the day was Roald Dahl. Children loved writing postcards from Mr Fox, making up revolting recipes for Mr Twits Beard and hearing all about Matilda and her Family. Children then had the opportunity to listen to a story by the Author Kate Neal who read her book to them which they thoroughly enjoyed.

Atlantic and Tolcarne

This week we have been doing Power Maths. We've been adding pounds and pence. If you pay using more than the price - you should get change back.

In topic we have been learning about Disneyland. It is a really fun topic. First we watched videos of Florida, we saw a castle! We're reading a book 'The Magic Faraway Tree'. In English we are learning a story called 'Land of Sweets and Treats'.

Now we're really excited for World Book Day tomorrow!

By Freddy and Adam Tolcarne class



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Saffi has been rehearsing since September for her role in the pantomime 'Treasure Island'. There was some great coverage about the show in the Newquay Voice last week and she was very busy doing several performances throughout the week over in Sticker. You are very committed Saffi and we are really proud of you!



Gannel and Whipsiderry



In Literacy we have been learning a warning story called 'The Caravan'. We have hot seated the characters and also dramatised different scenes from the story. We have learnt the structure of a warning story by boxing it up and we are going to make up our own version of 'The Caravan' next week. It is really helping us to improve our writing.



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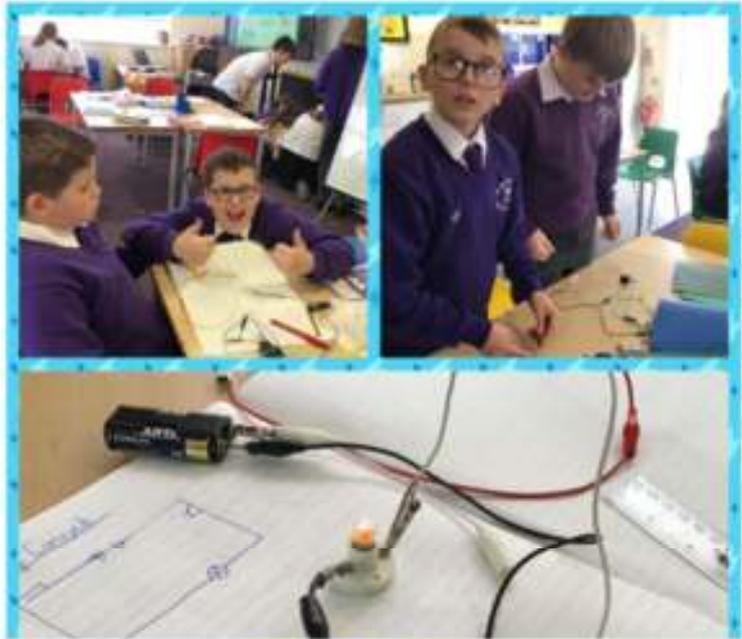
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Holywell

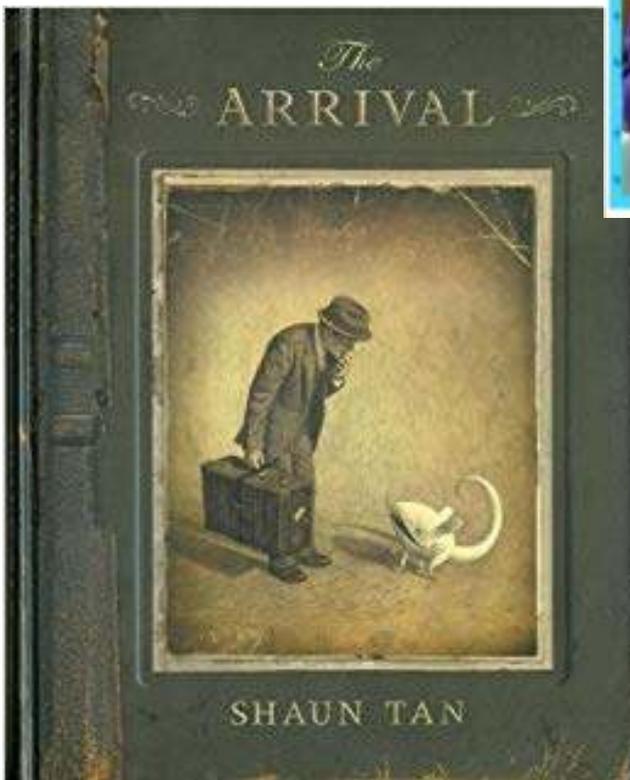
This week Holywell have started their science with lots of experiments! So far we have tested dissolving, properties of materials and created our electricity circuits. Next week we are looking forward to our trip to London and Year 6 will be taking on some special projects, so watch this space!



03.03.2020

Testing our circuits!

Lusty Glaze



In Lusty Glaze class this week, we have been enjoying learning how to play a new piece of music on the Ukulele! We have also been enjoying reading the story 'The Arrival' and writing our own stories based on this picture book!



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St Piran's Day Parade

A big thank you to the children who danced and sang at the Newquay St Piran's Day celebrations.

Well done to Oscar F, Finlay, Ivy, Poppy, Sofia, Alice, Casey-May, Jasmine, Joseph, Betsy, Abigail, Imogen, Poppy W!



Parentpay.

Please also ensure that you discuss your child's choice of lunch with them when you book. If you have booked a certain option on Parentpay, your child will receive that option and will not be able to change.

School uniform

We have noticed quite a lot of children wearing quite large and brightly coloured hair bands in school. Please note this is not school uniform and we would ask that if your child does wish to wear a hair band, please could they wear a small plain neutral coloured hair band. Please could we also remind you that children are not permitted to bring toys or trading cards into school. Thank you, for your continued support in this.

Parent Meetings

We will be holding our parent meetings for Year 1 to Year 6 in school on Wednesday 25th March and Thursday 26th March. Appointments are available from 3.30pm to 5.30pm. Please sign up for a 10 minute appointment slot on the boards, which are now on display in the school office. If you are unable to come into school to make an appointment please do not hesitate to telephone school, the office staff will be more than happy to make an appointment for you. Due to our parent meetings there will be no clubs the last week of term. Lounge club and Bounce dance will be on as normal.





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The Bishops' Awards!

At The Bishops' we are very proud to celebrate achievement, improvement perseverance and effort. Each week we will award for each class a star of the week, a Head teacher's award and also a reading award for Year 1 upwards.

CLASS	STAR OF THE WEEK	HEAD TEACHER'S AWARD	READING AWARD
FISTRAL	Noah L	Cerys Y	
TOWAN	Harry S	Jan P	
PERRAN	Corbin L	Charie H	George W
PORTH	Eddie M	Jack M	Indie C
HARBOUR	Jowan K	Abella J	Kizzie W
WATERGATE	Lyla L	Tobias S	Nastka S
ATLANTIC	Rose C	Henry G	Liam C
TOLCARNE	Freddy H	Owen E	Stanley R
GANNEL	Hollie H	Judah T	Bentley M
WHIPSIDERRY	Jasmine M	Jasmine M	Kayden R
CRANTOCK	Enzo S	Leo W	Theo G
HOLYWELL	Lara E	Ellie-Mai I	Dylan W
LUSTY GLAZE	Charlie S	Shane B	Alfie B

Well done to everyone, you are all superstars!



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Dr Bike

Dave Davis from Sustrans will not be in school all day on Wednesday 18th March to fix bikes for free. If you would like him to give your bike a service bring it into school and collect it at the end of the day. Bikes should be brought in through the wooden gates on the right of the front entrance. There will also be a scooter skills session in the playground for Year 5 and 6. If you would like to take part please bring in your scooter too.

AT NATIONAL ONLINE SAFETY WE BELIEVE IN EMPATHISING PARENTS, CARERS AND TRUSTEE ADULTS WITH THE INFORMATION THEY NEED TO ASSESS AN INFORMED CHOICE ABOUT THEIR SAFETY WITH THEIR CHILDREN. SHOULD THEY FEEL IT IS NECESSARY. THIS GUIDE PROVIDES THE PLATFORM BY WHICH WE BELIEVE TRUSTEE ADULTS SHOULD BE AWARE OF. PLEASE NOTE INFORMATION IS NOT INTENDED FOR FURTHER LEVELS, WHITE AND TIPS FOR ADULTS.

LITTLE REMINDERS OF HOW TO BE KIND ONLINE

ONLINE ABUSE CAN HAVE A SEVERE IMPACT ON PEOPLE'S LIVES AND IS OFTEN TARGETED AT THE MOST VULNERABLE. CYBERBULLYING HAS BEEN SHOWN TO HAVE PSYCHOLOGICAL AND EMOTIONAL IMPACT. IN ORDER FOR US TO DEVELOP EMPATHY FOR OTHERS WE SOMETIMES NEED TO MOVE AWAY FROM FULFILLING OUR OWN NEEDS AND THINK ABOUT THE NEEDS OF OTHERS. THIS IS SOMETIMES MORE CHALLENGING ONLINE BECAUSE WE CANNOT SEE THE PERSON. CONNECT WITH HOW THEY FEEL NOR INTERACT FACE TO FACE.

THIS GUIDE WILL HELP YOU TO BE MORE CAREFUL ONLINE AND IS SUITABLE FOR ANY ENVIRONMENT I.E. GAMING, MESSAGING AND SOCIAL MEDIA. IT WILL HELP YOU TO UNDERSTAND THE IMPORTANCE OF SHOWING KINDNESS AND HOW TO DEVELOP EMPATHY ONLINE.

TOP TIPS FOR EVERYBODY

#WAKEUPWEDNESDAY

UNDERSTAND WHAT 'EMPATHY' IS

EMPATHY IS THE SKILL OF RECOGNISING, UNDERSTANDING AND CARING ABOUT ANOTHER PERSON'S FEELINGS AND TAKING ACTION TO HELP. THIS IS TRICKIER ONLINE BECAUSE RECOGNISING AND IMAGINING HOW ANOTHER PERSON FEELS IS HARD WHEN WE ARE NOT WITH THEM FACE TO FACE. WHEN WE TRY AND UNDERSTAND HOW SOMEONE FEELS THROUGH WORDS ALONE, IT CAN LEAD TO CONFUSION OR A MISUNDERSTANDING.

FEEL SEE AND UNDERSTAND

IF WE IMAGINE OURSELVES IN THE SITUATION OF ANOTHER PERSON, WE TAKE ANOTHER STEP DOWN THE PATH OF EMPATHY. IT DOESN'T MEAN AGREEING WITH THE OTHER PERSON, BUT IT MEANS UNDERSTANDING HOW THEY FEEL. IF YOU FEEL YOURSELF BECOMING DETACHED AND UNCARING PERHAPS DEVELOP A MENTAL PICTURE OF THEM, SO YOU CAN IMAGINE THEM AS REAL PERSON AND NOT JUST A BUNCH OF WORDS. IF YOU KNOW THE PERSON, CONSIDER A VIDEO CHAT OR VIDEO CALL.

DEVELOP SELF EMPATHY

ALTHOUGH WE TEND TO SHOW THE BEST OF OUR LIVES THROUGH SOCIAL MEDIA, THE REALITY IS WE ARE NOT ALL PERFECT. HAVING EMPATHY FOR OTHERS MEANS YOU NEED TO ALSO HAVE SELF EMPATHY. IF WE UNDERSTAND THAT WE ARE NOT ALL PERFECT, INCLUDING OURSELVES, WE CAN FIND KINDNESS.

★ OFFER HELP ★

ACCORDING TO DR DAN SEIGEL, A CLINICAL PROFESSOR OF PSYCHIATRY, BEING KIND IS REALLY ABOUT RESPECTING EACH OTHER'S VULNERABILITY AND WANTING TO HELP. SO, WHEN SOMEONE IS SHARING THAT THEY ARE STRUGGLING OR FINDING LIFE HARD, OFFER HELP, EVEN IF THE HELP IS A LISTENING EAR OR SAYING "I CAN UNDERSTAND YOU WOULD FEEL THAT WAY, I'M HERE FOR YOU".

TRY TO ADD VALUE

CONSIDER, BEFORE YOU COMMENT ON A POST OR IMAGE, HOW CAN I HELP THIS PERSON TO LOWER THEIR SADNESS? HOW CAN I ADD SOMETHING TO IMPROVE THEIR DISTRESS AND HAPPINESS? SHOWING OTHER PEOPLE'S PAIN AS ENTERTAINMENT AS A WAY TO GET NOTICED OR MORE LIKES DOES NOT ADD VALUE.

BE RESPONSIBLE

THINK TWICE BEFORE YOU ACT. CONSIDER, ARE YOU ACTING ON ANGER, FRUSTRATION OR IN A MOMENT OF JUDGING A SITUATION WITHOUT KNOWING THE TRUTH? ONLINE, IT IS EASY NOT TO HAVE ALL THE FACTS AND REACT TO A SITUATION WHICH IS BEING PORTRAYED.

UNDERSTAND THE IMPACT OF YOUR WORDS

COMMENTING ONLINE SOMETIMES MEANS THAT WE DON'T ACTUALLY 'SEE' THE IMPACT OF OUR COMMENTS AND WORDS. THIS MEANS IT CAN BE EASIER TO DETACH FROM THE CONSEQUENCES OF OUR ACTIONS. UNKIND COMMENTS DO HAVE CONSEQUENCES AND CAN ADD TO SOMEONE'S DISTRESS AND FEELING ABOUT THEMSELVES.

DISASSOCIATE FROM PACK MENTALITY

ONLINE, IT IS EASY TO GET CAUGHT UP WITH POSTING NEGATIVE COMMENTS BECAUSE EVERYONE ELSE SEEMS TO BE. GET COMFORTABLE WITH STANDING OUT, AND NOT GETTING CAUGHT UP POSTING NEGATIVELY BECAUSE EVERYONE ELSE IS. EVEN IF THIS MEANS STANDING ALONE AND REMINDING OTHER PEOPLE THAT THEIR BEHAVIOUR IS UNKIND, YOUR COURAGE COULD SAVE A LIFE.

#BEKIND

National Online Safety
#WAKEUPWEDNESDAY

MEET OUR EXPERT

THIS GUIDE HAS BEEN WRITTEN BY ANNA BATEMAN. ANNA IS PASSIONATE ABOUT PLACING PREVENTION AT THE HEART OF EVERY SCHOOL, INTEGRATING MENTAL WELLBEING WITHIN THE CURRICULUM, SCHOOL CULTURE AND SYSTEMS. SHE IS ALSO A MEMBER OF THE ADVISORY GROUP FOR THE DEPARTMENT FOR EDUCATION, ADVISING THEM ON THEIR MENTAL HEALTH GREEN PAPER.

For further info, check out these online resources too

- <https://www.themix.org.uk/>
- <https://youngminds.org.uk/>
- <https://www.mind.org.uk/>

www.nationalonlinesafety.com Twitter - @natonlinesafety Facebook - /NationalOnlineSafety Instagram - @nationalonlinesafety

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Public Health England

Advice on the coronavirus for places of education

How serious is the coronavirus?

- it can cause flu-like symptoms, including fever, cough & difficulty breathing
- the infection is not serious for most people, including children
- there is currently no vaccine
- most people get better with enough rest, water to drink and medicine for pain

How likely are you to catch the virus?

- you can only catch it if you have been close to a person who has the virus
- the chance of being in contact with the virus is currently low in the UK
- if you have travelled to areas where many people are infected, your chance of catching the virus is higher, i.e. China and any affected areas

How can you stop coronaviruses spreading?

If you need to cough or sneeze

-  Catch it with a tissue
-  Bin it
-  Kiss it by washing your hands with soap & water or hand sanitiser

You should wash hands with soap & water or hand sanitiser

-  After breaks & sport activities
-  Before cooking & eating
-  On arrival at any childcare or educational setting
-  After using the toilet
-  Before leaving home

-  Try not to touch your eyes, nose, and mouth with unwashed hands
-  Do not share items that come into contact with your mouth such as cups & bottles
-  If unwell do not share items such as bedding, dishes, pencils & towels

 Stop germs spreading with our e-Bug resources on hand and respiratory hygiene lesson plans for KS1, 2 and 3: campaignresources.phe.gov.uk/schools

What should you do if you feel unwell?

Keep away from others and stay at home to stop the infection spreading. Avoid public transport if you think you have symptoms of coronavirus. If you become unwell at a place of education, tell a member of staff and let them know if you have travelled to any other countries in the last 14 days.

If your staff member or parent thinks you have symptoms of coronavirus, they should call **NHS 111** for advice. Follow the UK Government advice for childcare or educational settings [gov.uk/government/publications/guidance-to-educational-settings-about-covid-19](https://www.gov.uk/government/publications/guidance-to-educational-settings-about-covid-19). Parents can visit [NHS.UK](https://www.nhs.uk) to find out more information. Teachers and support staff should follow the UK Government advice.

Staff, students and pupils who have returned from Wuhan and Hubei Province in China should self isolate, and NOT attend education or work for 14 days. See [NHS.UK](https://www.nhs.uk) for advice on coronavirus.

If there is an emergency, call 999 immediately



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2020

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