

Newsletter 17<sup>th</sup> April 2020

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*Teach a child how they should live and they will remember it all their life. Proverbs 22:6*

[www.curyschool.co.uk](http://www.curyschool.co.uk)

Dear Parents and Carers,

I hope you are all keeping well and safe, and have found time over the last few weeks to have some family time and enjoy the sunshine.

Now the Easter holiday period is over teachers will be continuing to provide you with some further learning resources that you can use at home, as well as giving you further direction. Remember to share learning with your children's class teacher via email/Showbie.

Given that we are not in school together at the moment we thought it would be a lovely idea to share some of the great things you have been doing and learning about whilst at home. So please enjoy the collection we have shown here. Please keep sending any pictures and updates or examples of work to us as we intend to continue sending out regular newsletters. I have really enjoyed seeing some of the learning that teachers have shared with me.

We look forward to seeing everyone back in school when we can return. Until that is possible, take care and stay safe.

Thinking of you all,

Lucy Wandless



## Class 2

Adah & Katie have been doing some Needlecraft (see pictures below). Poppy has been doing lots of art work.

Scarlett, Liam and James have all finished a book and Mrs French has sent them comprehension questions to check their understanding!



### Reception / KS1

Watch out for the post delivery.

Mrs Hesselbo has sent you a letter and it should arrive soon. She is looking forward to your reply 😊



### Saskia

Saskia in Class 1 is starting up her own jewellery shop, she has painted shells, made hair accessories and necklaces. She has also been making greeting cards for her family. Well done Saskia.



### Diary Dates

8th May - Bank Holiday

25th May - 29th May Half Term

**1st June - INSET Day**

**July 22nd - July 23rd - INSET Day**

24th July - 2nd September - Summer Holidays

3rd September - Return to school





## Useful information on our health & wellbeing

We are acutely aware that in at the current time many of us are facing personal and mental challenges that we have not had to deal with before. Likewise, we are aware that children too will be facing their own worries and anxieties, as well as dealing with missing their friends, and their daily lives and routines being very different.

We therefore thought it might be helpful to pull together a list of resources and websites that offer support and guidance on a range of issues at this difficult time.

We hope you find the list below useful. We will endeavour to keep updating it as and when we become aware of other useful websites and information.

**Headspace** – this is a useful website offering a range of mindfulness techniques (articles and meditations) to help with a range of different issues. They are also offering some free support to help with these challenging times:

<https://www.headspace.com/covid-19>

**British Red Cross** – They promote the importance of small acts of kindness making a big difference. They have developed a 'Kindness Calendar' which highlights the power of kindness in helping children and young people to learn about and carry out kind acts:

<https://www.redcross.org.uk/getinvolved/teaching-resources/kindnesscalendar>

**Every Mind Matters** - this is the NHS website page focusing on the importance of us looking after our own mental health at this challenging time with an emphasis on maintaining your mental wellbeing whilst staying at home and dealing with anxiety: <https://www.nhs.uk/oneyou/everymind-matters/>

**Nosy Crow** – this is free information book which has just been released explaining the coronavirus to children and is illustrated by the Gruffalo's illustrator Axel Scheffler.

[https://nosycrow.com/blog/releasedtoday-free-information-book-explainingcoronavirus-children-illustrated-gruffaloillustrator-axel-](https://nosycrow.com/blog/releasedtoday-free-information-book-explainingcoronavirus-children-illustrated-gruffaloillustrator-axel-scheffler/?fbclid=IwAR01blyk0GdRDH2n)

[scheffler/?fbclid=IwAR01blyk0GdRDH2n](https://nosycrow.com/blog/releasedtoday-free-information-book-explainingcoronavirus-children-illustrated-gruffaloillustrator-axel-scheffler/?fbclid=IwAR01blyk0GdRDH2n)

[EQ1hFMC-](https://nosycrow.com/blog/releasedtoday-free-information-book-explainingcoronavirus-children-illustrated-gruffaloillustrator-axel-scheffler/?fbclid=IwAR01blyk0GdRDH2n)

[eXMBGGaSaiwrU4DT76TmHisuERr8gABT](https://nosycrow.com/blog/releasedtoday-free-information-book-explainingcoronavirus-children-illustrated-gruffaloillustrator-axel-scheffler/?fbclid=IwAR01blyk0GdRDH2n)

[Uw](https://nosycrow.com/blog/releasedtoday-free-information-book-explainingcoronavirus-children-illustrated-gruffaloillustrator-axel-scheffler/?fbclid=IwAR01blyk0GdRDH2n)

**Mindheart** – the owner of this website has produced a great little book to help explain what Covid-19 is to young children. The booklet is available to download for free: <https://www.mindheart.co/descargables>

**The British Psychological Society** – have produced a couple of leaflets about talking to children about coronavirus and illness generally. They include some useful tips on talking to children of different age ranges, and what children of different ages may do or say, and advice on how to help: [https://www.bps.org.uk/sites/www.bps.org.uk/files/Policy/Policy%20-](https://www.bps.org.uk/sites/www.bps.org.uk/files/Policy/Policy%20-%20Files/Talking%20to%20children%20about%20coronavirus.pdf)

[org.uk/files/Policy/Policy%20-%20Files/Talking%20to%20children%20about%20coronavirus.pdf](https://www.bps.org.uk/sites/www.bps.org.uk/files/Policy/Policy%20-%20Files/Talking%20to%20children%20about%20coronavirus.pdf) and

[https://www.bps.org.uk/sites/www.bps.org.uk/files/Policy/Policy%20-](https://www.bps.org.uk/sites/www.bps.org.uk/files/Policy/Policy%20-%20Files/Talking%20to%20children%20about%20illness.pdf)

[org.uk/files/Policy/Policy%20-%20Files/Talking%20to%20children%20about%20illness.pdf](https://www.bps.org.uk/sites/www.bps.org.uk/files/Policy/Policy%20-%20Files/Talking%20to%20children%20about%20illness.pdf)

**Public Health England** – Public Health England has just released guidance for parents and carers on supporting children's mental health and wellbeing during the coronavirus outbreak:

<https://www.gov.uk/government/publications/covid-19-guidance-for-the-public-on-mental-health->

[andwellbeing/guidance-for-the-public-on-the-mental-health-and-wellbeing-aspects-of-coronavirus-covid19#additional-advice-for-groups-with-specific-mental-health-needs](https://www.gov.uk/guidance/and-wellbeing/guidance-for-the-public-on-the-mental-health-and-wellbeing-aspects-of-coronavirus-covid-19#additional-advice-for-groups-with-specific-mental-health-needs)

**Young Minds** – is a leading UK charity focused on supporting the young minds of children and young people in society. The website has a huge amount of advice and support, but the following link is particularly useful if you wish to support and talk to your child about coronavirus if they are anxious or worried about it:

<https://youngminds.org.uk/findhelp/for-parents/supporting-your-child-during-the-coronavirus-pandemic/>

**Action for Happiness** – This is a global movement of people committed to building a happier and more caring society. They have produced a calendar (that can be downloaded) and shows thirty suggested actions to look after ourselves and each other as we face this global crisis together. <https://www.actionforhappiness.org/coping-calendar>

**NSPCC** – The NSPCC have some helpful tips and advice on their website for both parents and children particularly if you're working from home with your children for the first time or supporting children with anxiety due to coronavirus: <https://www.nspcc.org.uk/keepingchildren-safe/coronavirus-advice-support-children-families-parents/>

**Unicef** – This infamous charity supporting children around the world has some useful advice on supporting children at the current time:

<https://www.unicef.org/coronavirus/6ways-parents-can-support-their-kidsthrough-coronavirus-covid-19>

### **Our Safeguarding Children Partnership**

**Guidance & Support (OSCP) from Cornwall & the Isles of Scilly** - this website contains useful information about safeguarding children:

<https://ciossafeguarding.org.uk/scp>

**Penhaligon's Friends** – a local Cornish charity that support bereaved children have a document on supporting children to deal with bereavement. Please visit:

<https://www.helston.cornwall.sch.uk/web/support-from-penhaligons-friends/468287>

### **Online security**

We are also aware that with more of us online, and allowing our children to use and access online resources, online security is particularly important.

Below is a list of useful websites which offer support and advice for parents and carers on how to help keep children safe online:

- [Thinkyouknow](#) (advice from the National Crime Agency to stay safe online)
- [Internet matters](#) (support for parents and carers to keep their children safe online)
- [Parent info](#) (support for parents and carers to keep their children safe online)
- [LGfL](#) (support for parents and carers to keep their children safe online)
- [Net-aware](#) (support for parents and carers from the NSPCC)
- [LGfL](#) (guidance and support from LGfL's Digisafe team on safeguarding)