

St Day and Carharrack Newsletter

Self-belief, Determination and Courage

29th January 2021 – Lockdown 3 Issue 3

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Dear Families, Staff and Children

It is the last school day in the longest January ever and thankfully, spring is visibly on the way!

I would like to thank all of our families, children and staff for continuing to work together so amazingly to ensure our children continue to learn and thrive. The quality of home learning being returned is fantastic and a real testimony to the great job you are all doing in challenging circumstances.

This newsletter is to celebrate all the brilliant 'screen-free' Monday learning your children have achieved this week and to take inspiration from each other for '**Children's Mental health Week**'. Tune into Google Classrooms each day, as I know our staff team have ideas to share to lift the spirits and keep us all going in the right direction.

INSPIRATION FOR SCREEN FREE MONDAYS



We have seen some fabulous photography, children cooking family meals, creative arts and beautiful frosty walks. Where is this Kianna? I would love to walk there. Thomas, I love your photography showing spring on the way. Well done Harriet for keeping a tally chart of all the things you spotted while out on a family walk and Rhys appears to have a new green friend!





Reece has been busy making his own pizza and cupcakes, Thomas prepared all the vegetables for his soup and Amia has been spotted reading the new Yr 2 favourite book: 'The Year We Muddled Through'. It has been uplifting hearing from families who took full advantage of a screen free Monday and all the learning skills involved – inspiring your children to think about future dream jobs – we've had chefs, photographers and artists so far. I wonder what creativity we will see next week. Please send any photos for the newsletter directly over to me.

Children's Mental Health Week

This year's theme is "**Express Yourself**".

Expressing yourself is about finding ways to share feelings, thoughts, or ideas, through creativity. This could be through art, music, writing and poetry, dance and drama, photography and film, and doing activities that make you feel good.

It's important to remember that being able to **express yourself** is not about being the best at something or putting on a performance for others. It is about finding a way to show who you are, and how you see the world, that can help you feel good about yourself.

For Children's Mental Health Week 2021 we will be encouraging children (and adults) to explore the different ways we can **express ourselves**, and the creative ways that we can share our feelings, our thoughts and our ideas. We would love to hear from you – share your achievements on Google Classrooms, by email or over the phone. Thank you.

LEARNING and WEBSITES OF THE WEEK – Get Outdoors, Be Healthy, Be Active

GET ACTIVE: SUPPORT MENTAL HEALTH

This week schools all over Cornwall will be participating in the **Active Learning Virtual Games**. During the week, children can complete different physical challenges on any day of the week and aim to beat their own personal best.

Challenge cards can be found attached to your class email, on google classrooms and on our school website PE page. Can you beat your own personal best each day?

Pass your scores onto your class teacher and we will track classes for some healthy competition. Have fun everyone and let us see how active we can be!

Mental health ideas for well-being activities with your children: <https://www.elsa-support.co.uk/wp-content/uploads/2021/01/Coronavirus-home-challenge-4-1.pdf>

MATHS FLUENCY FOCUS: Please read the letter from class teachers for some easy ideas to boost your child's maths confidence. These games could form part of your Monday non screen day, or any other time in the week- It doesn't have to be complicated or structured and the best way is little and often!



VIRTUE OF THE WEEK: UNITY with some KINDNESS thrown in...

'**UNITY**' helps us work and live together peacefully. We feel connected with each other and all living things. With unity, we accomplish more together than any one of us could alone. We solve upset through listening and finding solutions and see our differences as gifts. With kindness thrown in, we are here for each other.

COLLECTION of Home Learning Packs: Every Monday 12 – 3pm from the hall.

We would appreciate parents coming during this time while we have a dedicated adult available to hand out packs. This will prevent you having to wait for the office, which continues to be busy.

Please make sure you are wearing a face covering and keep your distance when coming to School. Many thanks.

Screen Free Learning for Mondays – a time to be active and creative!

This can be achieved through PE, PSHE, music and art activities provided by your class teacher. You could enjoy some sketching, follow the Joe Wicks PE session, explore the BBC bitesize TV or complete some Go Noodle dance and mindfulness clips.

EXERCISE BOOK: to be sent back to school on **Monday February 8th**

A SPECIAL SHOUT OUT TO MR HUGHES and TEAM TOPAZ FAMILIES!

It is a challenge joining a new school in the best of circumstances. Mr Hughes has settled in superbly showing himself to be a great team player and an enthusiastic, caring teacher who is creating a variety of learning opportunities to understand the individual needs of our children. Thank you to the Yr 3 children and families for making Mr Hughes feel so welcomed into our School family Community by engaging so respectfully and positively. Already I can see strong relationships developing between Mr Hughes and all of you – thank you for engaging in all the learning opportunities Mr Hughes is providing. Well done Yr 3 – look at your great responses to the whole school speaking and listening task! By taking part, your voice has been heard and we can look to see how we include your ideas.



SMILING

Smiling has lots of benefits:

- It can make you feel happier
- It can boost your mood
- It can help you make more friends
- It can make you feel and look more confident
- It can spread, as in, if you smile at someone they will often smile back
- It can help to reduce stress
- It can boost all the positive emotions
- It can increase FUN
- It can be understood by everyone because everyone smiles in the same language
- It looks good on you!



With Best wishes, Susannah Storey, Headteacher