

St Day and Carharrack Newsletter

Self-belief, Determination and Courage

1st May 2020 – School closed Issue 4

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Dear School Community – Families and Staff

We hope this newsletter finds you all safe, well and coping. For another week, we will continue to practise the virtue of 'helpfulness'. What have you done to be helpful this week? Remember, it is the small things that help everyone.

VIRTUE: HELPFULNESS

Helpfulness is being there for others, doing thoughtful things that make a difference. Offer your help without waiting to be asked. Ask for help when you need it. When we help each other, we get more done. We make our lives easier. At this time, it is important to remain hopeful, continue to show **kindness** and be **thankful** for the small things. Thank you to Ashleigh and Alex for helping by entertaining the neighbours!



Look how our teachers have been helpful this week...

Mrs Horne: I made a cake for my neighbour and did their shopping.

Ms Vallance: My daughter and I cleared out some clothes and shoes to give them to the little girl down the road.

Miss Barron: I have been helpful this week by getting shopping for my family so they can stay safe at home.

Miss Peters: I helped my mum adopt a dog (He is called Dusty haha)

Ms Popperwell: I got shopping for my parents and birdseed for my elderly neighbour so she could feed the birds.

Mr Hayes: I helped by listening to my family.

Miss Clarke: I have dropped off and picked up my partner from work so that he doesn't have to break social distancing by getting on the bus.

Miss Rogers: I speak to someone who lives on their own so they are not so lonely.

Ms Storey: I have been a listening ear for parents, staff and family and tried to help with the pressures people are facing.

From all the phone calls this week, it is lovely to hear about all the positives coming out of this 'lockdown' time. For many families, this quality time altogether is making a real difference to everyone. Slowing down is giving us an opportunity to focus on what really matters and appreciate the small things. As a community, we will come out of this stronger as our relationships and mutual respect of what we all bring to enrich the lives of our children is better understood. I am really looking forward to us all being back together, seizing all the

opportunities school has to offer and being 'thankful'. School is just not the same without the children!

You will have seen a great deal of discussion in the media about when and how schools may be asked to reopen. This is purely speculation at present and we are currently no clearer about any future plans. As soon as I know anything, you will be informed and we will move forward together. I know many of you are feeling anxious about this but please be reassured that I will be driven by what I feel is in the best interests for our children based on what they need – their wellbeing and safety will be the priorities. Working together with you – we will reach these decisions together by considering how best to follow any direction to reopen. In terms of transition, this is being sensitively discussed. Regardless of when we return, I can promise you that our children will spend time with the trusted adults they know well.

It is fantastic to see and hear about everything you have been up to as a family. Parents – you are doing an amazing job – please carry on! It looks like me may lose a few of you to home schooling at this rate – it is an absolute delight to see so much creativity at home and the use of extensive equipment that we wouldn't necessarily have at school – this is real learning! From your brilliant projects, you can practise English and Maths skills in a natural way. Writing about an experience you have had together has real purpose – seize these opportunities - write the instructions, draw and label a diagram, write a thank you letter, explain the process and all the new skills used – make a pop-up book! To be reflective, ask your children what they would do differently if they did it all again? Practical mathematical skills could include problem solving - what if we needed double the amount of...? If we wanted to make three bird boxes, how much wood is needed? If we sold one for £4.50, how much money could you make if you sold six? How many do you need to sell to make £100?

I have also listened to some of the challenges and frustrations you feel as you battle through learning and do not manage to complete everything or feel guilty for not opening the documents. We understand this. It is especially challenging if you have more than one child, only one screen and still having to work at home – it is really hard! To ease the burden on you, we have simplified things this week to try and fit in with family routines and the juggling of everything else! We want learning to be accessible and enjoyable for you, to include screen free ideas and easy to glance at ideas on one page. Have a go at our new '**pick and mix**' selection- this will be ready in your inbox by 9.00am on Monday morning. Let your children choose one or two activities to complete each day and siblings across different year groups can work off each other's grid if this is more manageable.

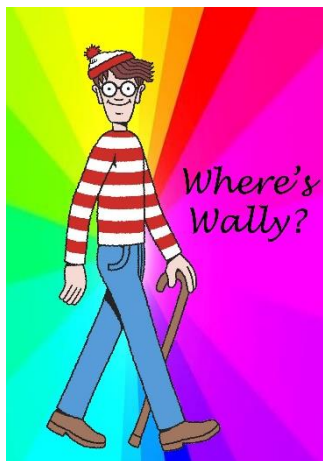


To support our new 'pick and mix' learning - please encourage your child to complete their reading, spellings and times tables as part of their routine to keep everything ticking over- just 20 minutes a day on each area will make a big difference to basic skills. We hope this focus on the basics will 'help' you – it will help us and help your children! Class teachers will guide you with new, fun strategies in their weekly class newsletter.



For this next week - if additional challenge/learning would be supportive for your family, please see our school website for a range of ideas, complete learning set in previous weeks or follow the online resources available such as: -Oak Academy online learning lessons - <https://www.thenational.academy/>

As many children are currently spending more time online than they usually would, openness and transparency about their internet usage is more critical than ever. Attached to this email is an **esafety update**. Please do continue to hold regular conversations with your child and do get in touch if we can help in any way.



ARE YOU UP FOR THE WALLY CHALLENGE?

Throughout the villages of St Day and Carharrack, we have hidden pictures of Wally. Can you spot Wally during your daily exercise? Send us your pictures or writing about seeing Wally and his exact location! There are 10 in each village! Who can find all ten?

This starts today – Look out!

Send all Wally information to Mrs Salter to keep her busy!

msalter@st-day.cornwall.sch.uk

Mrs Salter is also receiving photos to celebrate and share all your exciting learning at home! **Please only send photos in if you are happy for them to be in our online collection.** We can't wait!

FREE SCHOOL MEALS – please follow this link for further information and for an application form - <https://www.cornwall.gov.uk/education-and-learning/schools-and-colleges/school-meals/>

I would like to say a big **THANK YOU** to **St Day General Stores** for supporting the school with food vouchers during a tricky time. For anyone struggling to get out – Lorna is offering card payments over the phone and free local deliveries. Get in touch for more information.



Remember to focus only on the things you can control and ask for **'help'** if you need it. Look after yourself first so you can help your family and those around you. The hardest part of practising **'helpfulness'** is asking for help when you need it – probably because we don't realise we need it at first! This makes the virtues of being **'thankful'** and **'kind'** really important - feeling appreciated helps everyone to cope – the easiest gifts to give are free – especially cultivating a caring attitude and good manners –please keep reminding your children



to practise 'please' and 'thankyou's! Next week we will look inside our 'Jar of Wishes'... What are you really missing and looking forward to after lockdown?

DON'T BE SCARED! PEOPLE WHO 'HELP' US...


Please don't be scared,
it's only me!
Just being prepared,
come over and see...

Don't I look funny,
I think I look good
In my gloves, my gown
and my spaceman hood!

But why do I wear this
I can hear you say,
Why of course it's to keep
all those germs away!

They won't come near
cos I'm safe as can be
To take care and protect you
so just follow me

Bye bye nasty germs,
you can't get me!
My spaceman nurse will help
to keep me germ free!



As we begin to think about a new 'normal', please share this poem with your children to avoid any worry or panic about people wearing protective equipment.

Protect yourself and loved ones from coronavirus.

Wash your hands regularly with soap and water.

Cover your mouth and nose while sneezing or coughing.



HOW CAN YOU HELP US TO HELP YOU?

When we return to school, handwashing is going to be key to keeping everyone safe. Please ensure your children are continuing with the routines of regular handwashing we started in school.

Handwashing advice: It is essential that everyone washes his or her hands more often, using soap and water for at least 20 seconds. Hand washing with soap employs mechanical action that loosens bacteria and viruses from the skin, rinsing them into the drain. Drying hands afterwards makes the skin less hospitable to the virus. Hand sanitiser can be effective if soap is not available or the situation makes using soap less feasible (i.e. when outside) but using hand sanitiser provides none of the virus-destroying friction that rubbing your hands together and rinsing with water provides.

The latest guidance and video on hand washing can be found at:

[ps://www.gov.uk/guidance/coronavirus-covid-19-information-for-the-public](https://www.gov.uk/guidance/coronavirus-covid-19-information-for-the-public)



The e-Bug project is led by Public Health England and has a dedicated webpage for learning resources on hand washing and respiratory hygiene. <https://e-bug.eu/>

CELEBRATING OUR CHILDREN – HOME LEARNING

Please keep the photos rolling in – it is great to see what you are all getting up to and it cheers us all up! Dotty is helping with the digging, Freya has been helping to cheer people up and look at the new guest living with Piran and Hugo - thank you for writing about this wonderful experience!



Cosmic the Duckling

Cosmic turned 5 weeks old yesterday and is so cute and a bit smelly. She or he (we do not know yet) does not have any brothers or sisters so we have it out of its home a lot giving us a cuddle as it is in the picture. The reason Cosmic is the only duckling is because the other ducklings did not manage to get out of their shells. This is Cosmic having a bath. You can see how big it has grown.

by Piran and Hugo



Keep well and safe. With best wishes to all our children, families and staff.
Susannah Storey, Headteacher