

St Day and Carharrack School Newsletter



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Headteacher: Susannah Storey

Telephone: 01209 820456

email: secretary@st-day.cornwall.sch.uk

Dear Parents and Carers

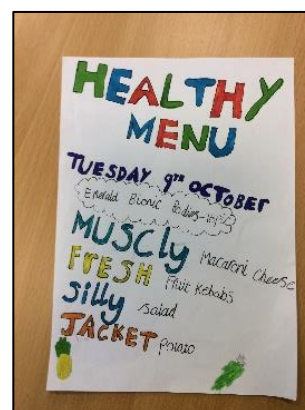
It is hard to believe that it is almost half term! We have been super busy at school and every class is engaged with their topic. Thank you to you all for your support with home learning and adapting to new approaches and systems. Our website is up and running – with all the latest newsletters and forms accessible for you. Please follow us on twitter to get a taste of what we are learning each day. You can also see our twitter feed on the school website. Please remember that we finish on Wednesday this week. We wish you all a safe and happy half term.

EMERALD CLASS FEED THE SCHOOL!

Emerald class really enjoyed working with our school cook, Claire, to design a "Bionic Bodies" lunch menu. In class, they planned and designed some colourful posters to be shared with the other classes inviting them to join us for a healthy lunch:

- Bionic Bolognese.
- Muscly Macaroni cheese.
- Protein packed potatoes and Super Salad.

The children made some delicious fruit kebabs for a healthy pudding and will now be writing instructions. A big thank you to the Cook and her staff for helping create such a great experience for Emerald class - giving a real audience and purpose to their learning enthused Emerald class!



SAPPHIRE AND AMBER CLASS TAKE OFF ON A 'SPACE HOLIDAY'

On Friday, Sapphire visited Amber class to share their innovated Space Holiday stories together. Sapphire children paired up with a younger friend and read their story to them. Amber class were great hosts and Sapphire class have invited them to share their writing in the future. Sapphire class were motivated to ensure they completed their most accurate writing knowing they had to be role models for Amber Class children. It was a great way to spend half an hour together with many Sapphire children commenting how 'cute' our year two children are! Lovely!

HARVEST CELEBRATIONS

Thank you to our children in Turquoise and Amber for leading our whole school harvest celebrations and assembly- we hope you enjoyed it. Jade and Topaz made our harvest bread whilst Sapphire were busy chopping, blending and whizzing many harvest vegetables. We applied many English and Mathematical skills in the lead up to a great day. Thank you to all our parents for coming along to try our tasty soup and for all the donations. Some members of the School Council will be visiting the local Foodbank to deliver all the food.

TRAUMA INFORMED SCHOOLS (TIS)

This year, Cornwall Council was extremely lucky to be awarded £8.9million by the Big Lottery Fund to enable Headstart Kernow, a partnership programme, to develop resilience and mental well-being in young people in Cornwall. This has been a vital and necessary step forward in how we support our children as evidence clearly demonstrates that half of diagnosed lifetime mental ill health cases begin before the age of 14, and 75% before the age of 18. Part of the funding has enabled school staff, alongside staff from other universal services (police/health care etc.) to become fully trained and qualified Trauma Informed Schools (TIS) practitioners. TIS is evidence and research-based practice that is underpinned by neuroscience and has had impact across the World already. It is an approach that aims to develop schools and community organisations to be mental-health informed and to know how to support when a young person presents with mental-health challenges. This is crucial given that central government (between 2019 and 2023) will be making it statutory for all schools to have a Designated Senior Lead for mental health.

At St Day and Carharrack, we now have four members of staff who have qualified as practitioners: Ms Storey, Ms Vallance, Ms Westland and Mrs Hicks. In addition, all members of staff have received TIS training. We have already started to make changes to our school culture and practice to ensure mental well-being sits at the heart of all we do. We absolutely recognise that whilst a child who is experiencing mental health challenges will not be ready to learn, there are many things we can do to ensure they learn how to manage that challenge. Ultimately, we aim to:

- Develop meaningful relationships - promoting positive social experiences with each other to ensure strong pre-frontal brain development (the part of the brain that is the social-organ). We want our children to leave year 6 being able to relate to, and be empathic towards each other
- Integrate mental-state talk into our everyday language within school. The use of mental-state talk and to feel you have been properly listened to is vital in reducing toxic chemicals within the body and promote good vagal tone (the ability to regulate our responses to any situation). We want our children to be able to reflect upon strong feelings rather than act out strong feelings. We will send more information about mental-state talk later on this year should you wish to echo the language we are using in school. We will be supporting our integration of mental-state talk with our wonderful outdoors space, art and music.
- Offer specific interventions to support children who are facing mental-health challenges. Through TIS, we now have access to an online toolkit, Motional, which enables us to plan a sequence of engaging activities that will provide a child, or group of children, with the necessary skills they need to regulate their reactions and reflect upon challenges they may have had to face in their lives already. School will always be in communication with a family should we feel a specific intervention may be of benefit; equally, we always appreciate when families approach us requesting our assistance when life becomes challenging.

We will continue to update you with how our TIS approaches to promoting mental well-being in school are coming along! We are feeling excited and empowered to be able to support the most important aspect of our children's development in order for them to thrive.

TURQUOISE LEARNING

Year 6 have been developing their own story based on the book 'The Viewer'. They have enjoyed getting into character and discussing the amazing images that are in the book. They have enjoyed designing, making and devouring Mexican fajitas as part of their Golden Time activities! Long division has been tricky but working together and approaching it with a good attitude and bags of effort has seen all of them successful - well done everyone!

OPAL CLASS LEARNING – MR WOLF AND APPLE JUICE!



Making the most of the gorgeous weather this term, Reception children have been enjoying story telling with Mr Wolf to collecting apples from our orchard to juicing. Cross-curricular learning inside and out!



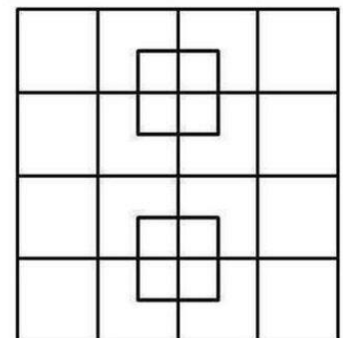
HOME LEARNING FOR EVERYONE

- Enjoying family time!
- Reading every day for pleasure. Come back after half term and share a favourite book.
- Practising 'numbers' at every opportunity – playing card games as a family improves confidence, speed and enjoyment. With times- tables - sing them, paint them, learn them backwards, learn in the bath and make copies for around the house!

- **MAGIC SQUARE CHALLENGES:** Using the digits 1-9, can you make every row, column and diagonal line equal 15? How many different ways can you do this?



How Many Squares Are There?



brainfans.com

DATES/REMINDERS FOR YOUR DIARY

- Please pop into the school office to settle outstanding dinner / breakfast / Funzone monies. Over half term, we will be updating the school systems to enable families to have the option to pay online.
- **Tuesday 16th October** – 'Friends Coffee Morning' 9.00am School Hall. Please pop in if you are able to support the school with fundraising.
- **Saturday 20th October** – Please do pop into the Horticultural Show where you will find a sample of the children's learning on display.
- **Tuesday 23rd October** – Saturday 27th October 10:30 -16:30 each day with the National Trust: East Pool Mine has been invaded by Mining Monsters! Can you find

them all on your visit? Be prepared to walk our Terrifying Tunnel, Brave the Boxes of the Unknown and take your selfie with our Halloween Photo Props. Trevithick Tuesday will be running on the Tuesday 23rd October 11:00 – 16:00. Normal site admission applies. For more details please telephone 01209 315027.

- **Monday 29th October – School re-opens.**
- **CLUBS** – please note that the end time for clubs is 4pm to enable staff to plan and prepare learning for the next day. After half term, if you arrive later than 4pm, your child will need to be collected from Funzone. A charge of £3.00 will apply up until 4.15pm.
- **Parent Consultations – save the date – 7th and 8th November**

OUR VIRTUE: TOLERANCE

Being Tolerant is accepting differences. You do not expect others to think, look, speak or act just like you. You are free of prejudice, knowing all people have feelings, needs, hopes and dreams.

CONGRATULATIONS TO OUR GOLDEN STARS



Opal Class

Christian Funnell for settling in so well and following all our Golden Rules.
Jessica Junge for a super positive attitude to everything in Opal class.

Jade Class

Finley Chegwiddden for always being polite and following our golden rules.
Ashton Willoughby for fantastic maths work!

Amber Class

Clodagh Finbow for being super positive about her learning.
Riley Evans for being an excellent role model.

Topaz Class

Ruby Brand for her perseverance in joining her handwriting using flicks.
Zach George for excellent ideas in our science learning.

Emerald Class

Elissa Cronin-Hobbs for always being motivated and focused on her handwriting.
Oscar Daddow for a positive attitude in all areas of learning.

Sapphire Class

Jack Lang for receiving peer feedback positively to improve his learning.
Aaron Thomas for consistently following the golden rules – thank you Aaron!

Turquoise Class

Evie Sharples for being a super leader across the school and always being positive.
Chloe Leah for a great attitude and understanding others' ideas.

We are very proud of all our children

Thank you – The St Day and Carharrack Team

